



HOME COMFORT  
*Cook Book*







Dates + Brownies Base  
on Page 95-96 - Corn Flake Drops

## FACTORY IN ST. LOUIS



Topping for coffee cake  
in here 72 pg.  
Chocolate 7, pg 92,

Wrought Iron Range Company is one of the oldest and largest builders of fine ranges in America and is justly proud of the impressive span of the Home Comfort factory in St. Louis.

Tuna fish Pg 43

This plant—largest single range plant in the world—houses the most modern machinery for carrying forward each step in the building of fine ranges. Located in one of the country's great transportation centers, the Wrought Iron Range Company is ideally supplied with shipping and all the other facilities of modern industry for giving nationwide service to Home Comfort users.

Page 3

Salad Dressing 67 Page



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**Price: Fifty Cents Postpaid**





## A MESSAGE FROM THE COMPANY

THE WROUGHT IRON RANGE COMPANY, founded in 1864 with home offices and manufacturing plant in St. Louis, Missouri, is manufacturer and sole direct distributor of the famous Home Comfort Family Range.

Since the founding of the Company, more than a million Home Comfort Ranges have been placed in American homes. No other family range can show such a record of performance and durability as is evidenced by the thousands of Home Comfort Ranges in use for 20 years or more. That is why "Home Comfort" has become a familiar household term throughout America during the past three-quarters of a century.

The Home Comfort sales organization is known in practically every county of every state in the Union. This large and efficient force of men are regularly employed traveling salesmen, paid by the Company to sell Home Comfort Ranges only. They work under the supervision of the home office and of division superintendents whose duty it is to see that the Company policies are carried out and the customer's interests properly served.

Honesty and integrity have always been the first qualities considered in employing our salesmen, and we are proud to commend them as honorable and courteous gentlemen, a great number of whom have been with the company for many years.

Our method of solicitation is simple. Our salesman visits a locality at regular intervals, calling upon "Home Comfort" users and their neighbors who should

own Home Comfort Ranges. Through the medium of a small model range, he demonstrates and explains the many superior features of Home Comfort construction, operation and design and takes orders for early shipment to the buyer's nearest central shipping point.

The Home Comfort selling plan has brought real cooking comfort into more than a million homes by this simple time-proven method. More than 75 years' experience has taught us that the way to secure the confidence and friendship of the public is through personal solicitation, and that satisfied customers who come to know our company and its product through personal contact with our salesmen are the best investment we can make.

Our warranty, printed on our agreement for purchase, has the moral and financial strength of this company behind it and is given each purchaser of the Home Comfort Range.

We are confident that your selection of a Home Comfort Range to carry on the important function of cooking foods for your family will prove to be an excellent one. Perfect performance three times a day, year in and year out, is a difficult task to set for any range, but that is the standard which Home Comfort Ranges are built to meet. If given reasonable care, your range will render years of valuable service.

We wish to take this opportunity to thank you for your patronage, and hope you will experience many years of pleasure and satisfaction from your range.





## PROGRESS

ON these pages, we show a few steps in the progressive development of Home Comfort Ranges since 1864, when the first stove was manufactured and sold direct to the home by Culver Brothers, founders of the Wrought Iron Range Company.

1864

Some of us can still remember this Farmer model which stood in the kitchen of grandmother's house. It was a pioneer stove in pioneer days—sturdily built of grey iron, even to the elevated oven. Best proof of the valuable service it gave is the long line of Home Comfort Ranges which have succeeded it.

1870

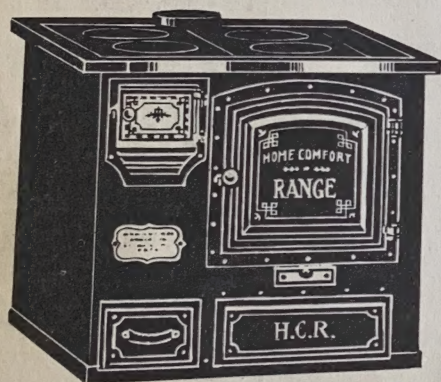
In this year, Culver Brothers started to manufacture their first steel bodied family ranges and named them the famous "Home Comfort" line. Grey iron still sufficed for top castings, door panels and frames, but new features included the swing-open oven door and mantel warming shelf.

1890

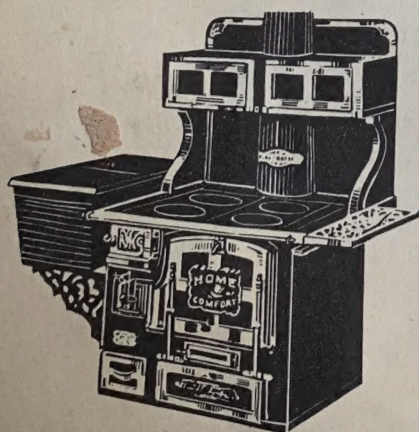
Home Comfort had now become the first malleable iron range, with grey iron castings practically eliminated. The oven door was of drop shelf type, as was the new warming oven door. The elevated copper water reservoir connected to a water back in the firebox was a new feature. Also new was the high able iron trim.



1864



1870



1890





# 7-MINUTE ICING

Mix 1 egg white,  $\frac{3}{4}$  cup sugar, 3 table-  
spoons hot water, 3  
tablespoons white corn  
syrup,  $\frac{1}{4}$  teaspoon  
cream of tartar and  
 $\frac{1}{8}$  teaspoon salt in  
top of double boiler.  
Place over boiling wa-  
ter and beat with ro-  
tary beater until mix-  
ture is thick enough to  
stand in peaks.

During cooking, scrape  
sides and bottom of  
double boiler frequent-  
ly with rubber scraper.  
Remove from heat,  
add  $\frac{1}{2}$  teaspoon van-  
illa and stir until par-  
tially cool. Frost cake.

If extra thick frosting  
is desired, double  
recipe.

## PEPPERMINT ICING

Use a drop or two of  
peppermint flavoring  
in place of vanilla in  
above recipe. Tint with  
red or green vege-  
table coloring, if de-  
sired.

H O M E

C O M F O R T

Cook Book

cooked Salad dressing  
page 67,

scalped potato  
39

test of American Institutions

RICAN HOUSEWIFE

ought Iron Range Co. of St. Louis

of Home Comfort Ranges Since 1864

Blue Berry  
muffins  
pg 76



Dumpling - P. 47.



# THE HOME COMFORT



Potato  
Pancakes  
69.

The first HOME COMFORT  
factory in St. Louis.





# FROM 1864

1906

By 1906 the new adjustable pocket contact reservoir was standard equipment and, for appearance's sake, the oven door was made square. Teapot brackets, were attached to the back of the shelf. Corner tubes were added to all four corners of the range, and the doors of the warming closet were of the roller type.

1918

In 1918 the range was placed on legs to facilitate cleaning underneath. The mantel shelf was fitted with sliding doors and the top was equipped with four 8" and two 4" lids. The body of this range, like all previous "Home Comforts," was finished with black paint.

1937

Beginning in 1923, all Home Comfort Ranges were finished in our beautiful, sanitary Verluc enamel. The range top was highly polished and the copper reservoir, now enclosed in an enameled jacket, could be easily reversed to either side of the range. An added feature was the heat indicator in the oven door.

We have tried to list here only a few of the countless improvements which have kept Wrought Iron Range Company a consistent leader in the range building field. The advent of this newest model, which is shown in color on the following page, more than ever affirms that leadership.



1906



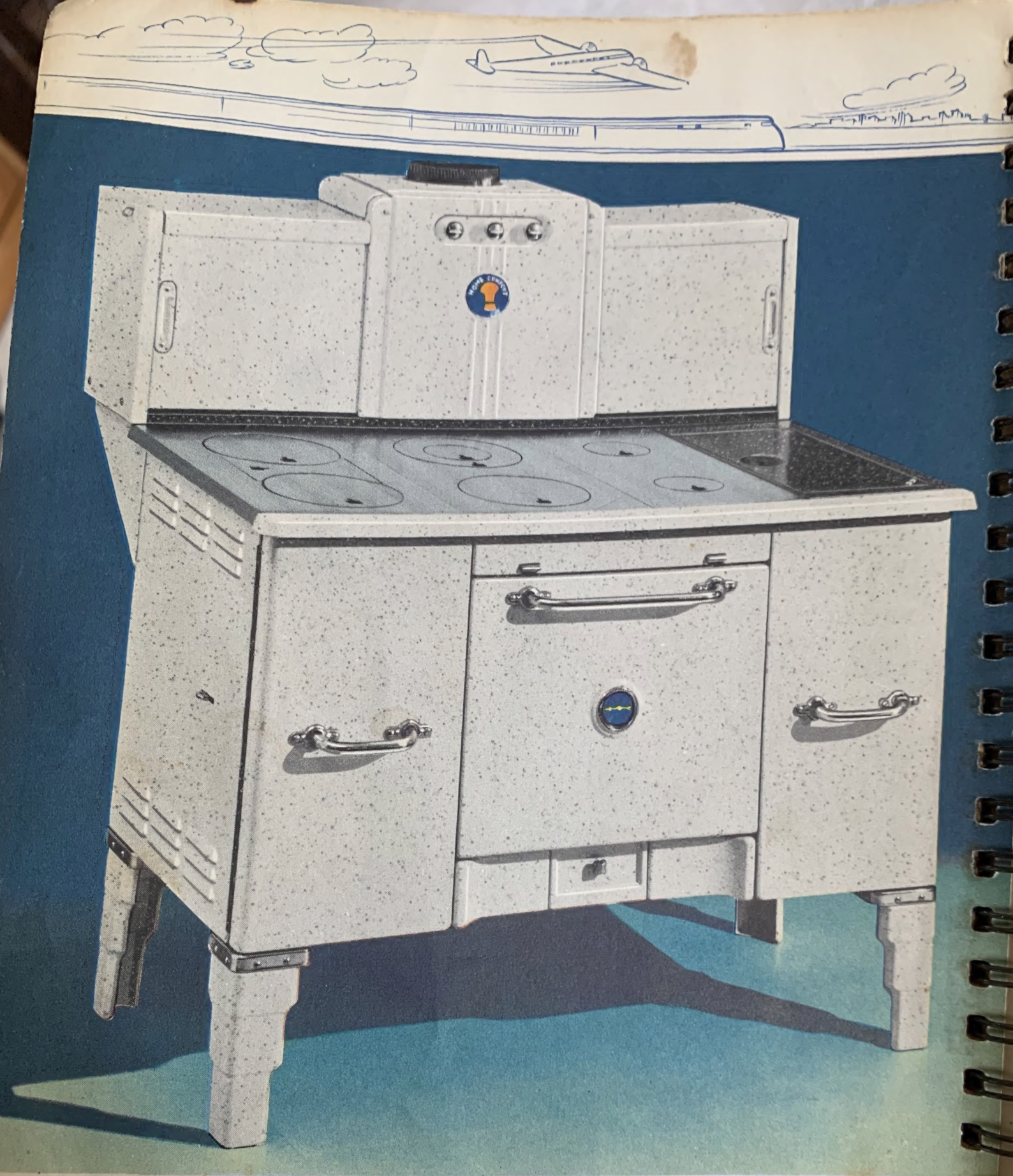
1918



1937







## MODEL DA

### Range

Top Cooking Surface...  $22\frac{3}{4}$ " x 37"  
 Height of Range Top.....  $34\frac{3}{4}$ "  
 Extreme Height of Range..... 51"  
 Extreme Width of Range....  $48\frac{1}{2}$ "  
 Height of Legs..... 10"

### Oven

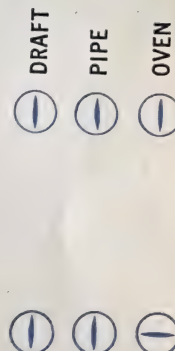
Height.....  $13\frac{3}{4}$ "  
 Width..... 18"  
 Depth.....  $20\frac{1}{2}$ "  
 Height of Oven from Floor..... 16"

Approximate Shipping Weight 548 Lbs.



## HOME COMFORT RANGE *Operation*

1. Before starting first fire, make sure flue is clear, pipe joints tight, and draft and damper controls properly connected.
2. Keep reservoir filled at all times; an empty reservoir develops leaks.
3. Use paper and kindling to start fire; INFLAMMABLE FLUIDS ARE DANGEROUS.
4. Open all dampers by turning three control knobs to right. When open, the grooves on knob faces will be vertical.
5. When starting fire, pull forward "Quick Start" Draft Damper on left side of range. Close after fire is well under way. For hard coal or improper flue condition keep this draft damper open, except when checking fire.
6. When well started, turn oven damper knob (located at right) to left so that groove is horizontal, thus closing damper and forcing fire around oven.
7. Regulate fire with draft knob (at left). When knob is turned to right, draft is open, and when turned to left, draft is closed.
8. Keep ash pan empty to prolong life of grate.
9. Wipe top of range with oily rag after each meal to prevent possible rusting.
10. To avoid smoke and soot when fueling range, open pipe damper and close draft damper before lifting lids to put in fuel.
11. Never heat range beyond usable temperatures. A cooking top that is red hot means unnecessary waste of fuel and unreasonable abuse of your range.
12. Once a week, scrape accumulated soot and ashes off oven top and remove through soot door directly under oven. This improves baking and protects the range.



Verluc enamel is a form of glass, and cannot be guaranteed against cracking or injury from any outside force. The glass surface provides an easily cleaned, sanitary and beautiful finish that will protect the underlying steel unless it is abused.

To clean the enamel, wash surface with a sudsy cloth when range is COOL. Never use a damp cloth on *any* enameled surface when the range is hot, as this will cause tiny cracks which will eventually ruin the protective coating. If range must be wiped while hot, use a soft DRY cloth. Never clean the enameled surface with gritty cleaning compounds, as these will scratch and dull its lustre.

These directions, if followed, will aid the successful operation and long preservation of your "HOME COMFORT" Range.





## The HOME COMFORT RANGE

### *A Modern Contribution to Happy Housekeeping*

Comfort, convenience, efficiency, beauty—these are important factors in the building of a happy, well-rounded family life. It is to help bring you, the American housewife, your full measure of these good things of life that the Wrought Iron Range Company has created its newest Home Comfort Range.

It is our sincere belief that no finer range has ever been built, and this belief is based on our experience as range makers who for over three-quarters of a century have successfully and unswervingly followed the policy of building nothing but the best.

But more than any statement we can make—the new Model DA Home Comfort Range will speak for itself. Merely to list the host of improvements and refinements in this range would do them an injustice—they must be seen and used to be properly appreciated.

### *Beautiful and Practical in Its New Design*

Here's a brand new Home Comfort Range. It embodies every feature that 75 years experience have taught us *must* be built into a fine range. Quality materials, sound engineering, expert workmanship—all are there. Now we have added *modern design*—to bring you beauty plus economy of effort in every cooking operation.

The new Home Comfort Range is completely finished in lustrous, mottled

white Verluc enamel, with door handles and trim in sparkling nickel plate. Thus the range adapts itself to any decorative kitchen color scheme. The enamel surface provides a handsome, sanitary, easily cleaned finish which, unless abused, protects the underlying steel indefinitely.

Home Comfort Ranges have always held an enviable record for practical value, design and appearance. Now, however, this newest model makes cooking a luxury we know you're going to enjoy.

### *The New Home Comfort One Piece—All Steel Body*

The new range body is built of the same quality steel that has always been used in Home Comfort Ranges—now electrically welded into a sturdy, one-piece frame. This construction insures rigidity and also makes possible the full Verluc enamel finish—inside and out—which serves as permanent protection against rust and corrosion.

On each side of the range front are two enameled doors, supported on piano type hinges. These doors are steel lined, and are easily opened and closed by sturdy nickel handles operating positive locks. In the center, flush with the end doors, is the large oven door, built of an enameled steel panel and lining and heavily insulated. This door is also operated by a heavy nickel handle with two positive locks to insure complete closing.

The oven door is supported by stout malleable iron trunnions, and tension is regulated by a strong spring on the back of the range, entirely removed from the





*The oven is roomy—  
convenient to use.*

## *The Home Comfort* *"Full Floating" Range Top*

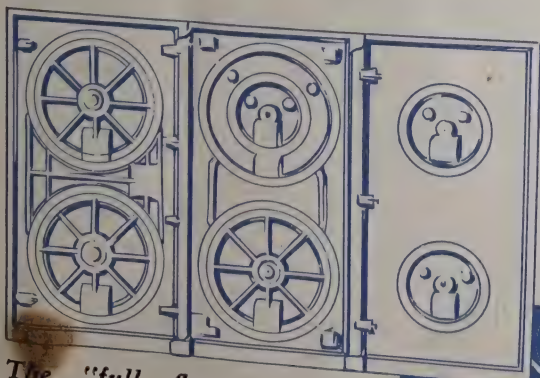
heat. The door lining is level with the oven bottom when the door is open and, when closed, a recess around the edge of the lining insures a tight fit to the body.

Immediately below the oven door, a small panel covers the easily accessible soot clean-out opening.

Both ends of the range are covered by enameled panels, ventilated with louvres for cooling. This construction makes possible these three Home Comfort features: 1) pleasing, modern design, 2) a range comparatively cool on the outside, 3) easy replacement of all outside enamel steel parts.

The inside of the range body is protected against intense heat where necessary with heavy sheet asbestos. This insulation also minimizes heat loss through the range walls and concentrates the heat in the cooking top, oven and water reservoir—the places where heat is wanted. The result is a cooler kitchen, less waste heat, and real fuel economy.

The bottom of the range, supported on four enameled steel legs of modern design, is high enough from the floor to permit easy cleaning underneath.



*The "full floating" range  
top from below. Lugs and  
flanges lock it firmly together.*

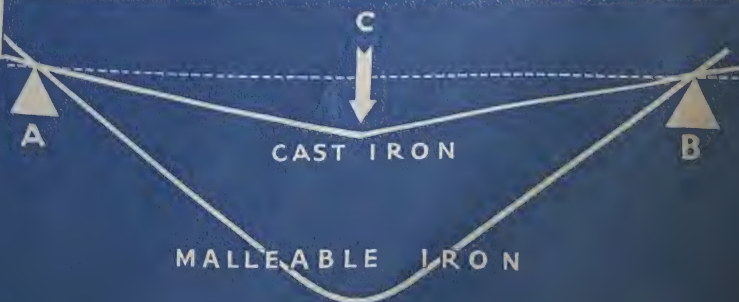
The cooking top of the Home Comfort Range is made of genuine black-heart malleable iron. This material, over twice as expensive as grey (cast) iron, is used on the Home Comfort Range because of its toughness, strength and ability to withstand the constant expansion and contraction to which this vital part of the range is subjected.

After being cast, malleable iron is put through a heat treating process in which the castings are packed in large pots, sealed and placed in annealing ovens where they remain for several days under tremendous heat. This process gives each malleable iron casting the qualities which are graphically shown in the sketch below.

The range top is made in three sections. This is the justly famous "Home Comfort full floating top," which features closely fitting joints that still permit free expansion with heat in any direction. The interlocking construction of the top, by an ingenious use of lugs and flanges, prevents the parts from separating or buckling. Machine milling and surface grinding insure the well finished appearance.

To reduce work fatigue, the height of the range top from the floor has been placed at  $34\frac{3}{4}$  inches. The housewife who uses the new Home Comfort is treated to a new experience in effortless cooking—she can now work without the back-breaking effort of bending over the hot top of a low range.

Page 11



*Here are shown*



Any anchor plate may be easily removed by following this procedure:

1. Remove enameled protecting bar on range front.
2. Remove the two bolts in the small anchor plate.
3. Slip small anchor plate to the front and lift off.
4. Pull the other two anchor plates toward the reservoir and lift off.
5. To replace top, reverse above steps.

### *The Fire Box*

A solid, heavy grate bed of alloy grey iron supports duplex grates for coal and wood, and the fire box is lined with eight interchangeable fire linings of the same material. Nearly an inch of air space is provided behind the linings to insure their longer life and, being sectional (four on each side), expansion can take place with heat. The grates are easily controlled from the front by a shaker handle.

The back fire wall, also made of alloy grey iron, is designed to take in air on both sides from the draft opening and this same air, passing behind the sides of the fire linings, keeps them cool and supplies pre-heated air for the fire, insuring even combustion through the entire length of the fire box (see page 14).

The alloy grey iron fire box door carries the shape of the fire box interior, making it easy to fire from the front with large or irregular pieces of fuel. A specially designed fire lining attached to the fire door prevents ashes from spilling

*Large, irregular pieces of fuel go into firebox easily through the big fire door and its construction prevents hot coals from spilling.*

Page 12



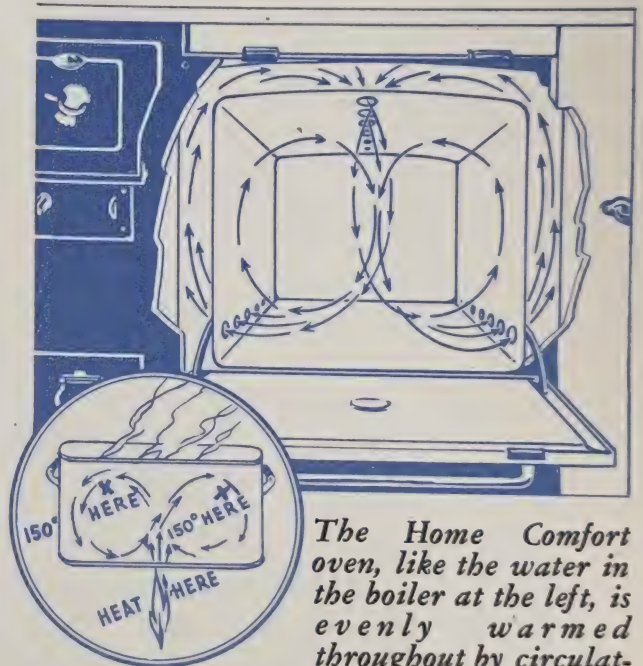
to the floor when the door is opened and drops them into the ash box as the door is closed.

The left side of the range, back of the fire linings, is made of heavy steel, covered with asbestos board for protection and insulation.

For the protection and long life of the grates, the ash pan has been kept as far below them as possible.

### *New Home Comfort Oven Aids Successful Baking and Roasting*

True "kitchen comfort" indeed! The new Home Comfort oven combines convenience, speed and cleanliness. Actually



*The Home Comfort oven, like the water in the boiler at the left, is evenly warmed throughout by circulating heat currents.*



*In ordinary ovens, radiant heat strikes through oven wall, creating hot spots which mean uneven baking. (See Sunheated brick at left.)*



the oven has two walls, one inside the other. The outside wall, around which the fire wraps, is a heavy welded steel unit. Inside this are four enameled steel linings, easily removed for cleaning and making a generous oven, 20½ inches x 18 inches x 13¾ inches. These linings have openings in the sides and top to provide even circulation of heat within the oven. The fact that there are no hot or cold zones in the Home Comfort oven insures *even baking*—necessary and important qualities in a good range. Home Comfort Ranges have been famous for generations for their baking qualities. This new oven construction insures even *more* perfect baking with less effort, and makes cooking a greater pleasure than ever before.

The newly designed oven heat indicator is conveniently located in the oven door. This modern dial of beautiful blue French enamel and raised chromium wording makes it possible to read the instrument at a glance without stooping.

### *The Warming Closet Combines Beauty with Convenience*

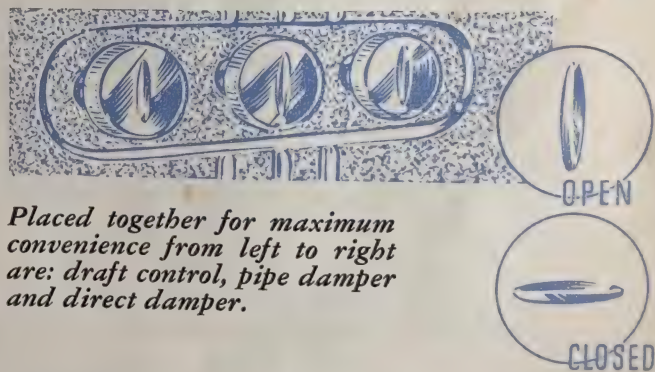
A new and striking feature of design is the stream-lined shelf with its sliding doors, spacious utility compartments and pleasing appearance. This design lets heat from the cooking top rise straight up, rather than shunting it off into the face of the housewife—a fault of the old-fashioned over-hanging shelf. The two sliding doors provide space on each side of the smoke pipe for large vessels. The warming closet is supported on the range body by two enamel steel brackets at either end and by the back flue extension in the center. Not being connected to the range top, it is unaffected by the contraction and expansion of the top. The sliding doors, in case of injury, are removable from either end by detaching the end panels. A convenient, disap-



*Note size and convenience of large Home Comfort warming closet.*

pearing towel rod is interchangeable at either end of the shelf.

Immediately above the colored trademark medallion in the center of the shelf are three control knobs for the dampers. To the *left* is the draft control, in the *center* is the pipe damper for the smoke pipe and to the *right*, the direct or oven damper in the range proper. These control knobs are *closed* when turned to the left, and *open* when turned to the right.

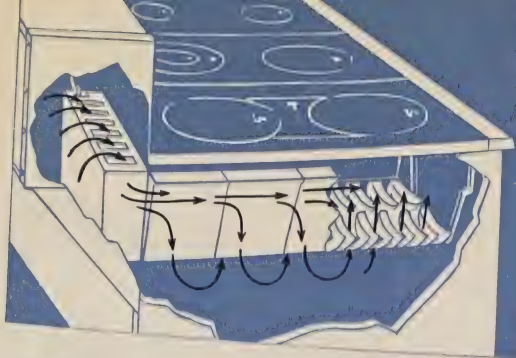


*Placed together for maximum convenience from left to right are: draft control, pipe damper and direct damper.*

### *The Drafts—Modern and Easily Operated*

There are two draft dampers built into the range—the regular damper located back of the fire box and controlled by the left knob on the shelf, and the “quick start damper” located on the left hand side of the body and controlled by a slide damper at that point. The latter, as its name implies, is for starting the fire when you want to obtain high temperature quickly. It should be com-





*Air taken in through back draft box passes behind linings on both sides of firebox and insures even draft throughout.*

pletely shut off when the desired temperature is reached excepting when hard coal is used.

This new principle of air induction has made unnecessary the old style draft door at front of the range, and its construction prevents hot embers or sparks from falling out of the range to the floor.

### *The Reservoir*

A 10-gallon heavy copper reservoir, nickel plated on the inside, is located on the right side of the range, and heat is conducted to it by contact with the steel flue side. The reservoir is supported on an enameled steel pan at the bottom, which also serves to catch and evaporate any condensation which may form outside the reservoir. The reservoir top frame is flush with the range top, and is made of enameled steel. Rustless hinges of monel metal fastened to the reservoir top permit opening of the lid to either

*The 10-gallon reservoir affords an ample, inexpensive and convenient supply of hot water.*



Page 14

*The pressure water heater { right } is easy to install and supplies an abundance of hot water for kitchen and bath.*

left or right, and a dipper as large as 7½ inches may be used for removing water. The reservoir can be removed by lifting it straight up from the frame.

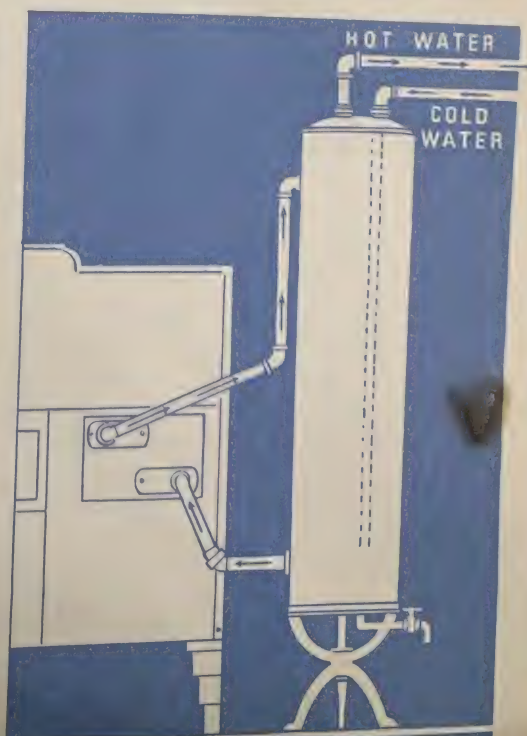
The opening under the reservoir is convenient for storage of any article not subject to damage by heat.

### *Pressure Water Heater*

*May be substituted for fire linings at time of purchase of range at no extra cost. Designed to give a continuous supply of hot water.*

To install, follow this procedure:

1. Remove all fire linings on both sides of the fire box, and the back end lining.
2. Remove metal plates covering outlet holes on the outside of the draft box in the rear of the range and turn the plates around so that holes in plates coincide with holes in draft box; then bolt the plates on in this position.
3. Remove the inside plate of fire door by taking out two bolts which fasten it to fire door. (Not necessary for small pressure heater.)
4. Insert pressure water heater through range top (first removing two lids and short center) and place it on the left side of the grate bed, making sure that pipe connection holes in the rear of the pressure heater are in alignment with the outlet holes in the range.





5. Place pressure tank as near the range as practical, and see that it is fitted inside with a  $\frac{1}{2}$ " galvanized cold water supply pipe extended within 6" to 12" of the bottom of the tank.

6. Connect a pipe from the bottom of the pressure tank to the bottom hole in the water heater.

7. Connect a pipe from the top hole of the water heater to the upper hole in the side of the pressure tank. If your pressure tank has no hole in its side, then connect this pipe directly into the hot water outlet pipe located on top of the pressure tank.

8. Place hood casting (FB49-1) on top of rear end of pressure heater and bolt thru back of range.

9. Install fire linings—four on side next to oven and one at front of water heater. (No fire lining in front of large-size water heater.)

10. Attach inside plate again to fire door, using same bolts.

11. Pipe connections should be made with unions for easy removal when flushing is necessary, and sharp angles in the pipe should be avoided, to lessen liability of "water stone" and to assure circulation.

### CAUTION:

1. Do not build fire in range unless system is filled with water. Otherwise water heater will crack.

2. In freezing weather, keep a fire in the range or drain water system.

3. Never light a fire in the range if water in the system is frozen. An explosion may result.

Information from U. S. Department of Agriculture, Farmers' Bulletin No. 1649.  
House at left shows chimney built so low that ridge of roof interferes with proper draft. Chimney height should be at least 2 feet above peak of roof. House at right shows chimney of correct height which will not draw properly because tall tree nearby deflects air current down chimney.

4. In time, hard water may form deposits in water heater and pipes, preventing free water circulation. Clean heater occasionally to prevent burning out or breaking.

5. Drain both pressure boiler and pressure heater occasionally.

6. If using open tank or barrel, do not draw off the water lower than the opening for the top pipe.

### Chimneys

The purpose of the chimney is to provide a safe passage to the open air for smoke which carries the unburned and partially burned products of combustion. If chimneys are of improper design or construction, the result is poor performance of the range, smoke in the kitchen and excessive fuel consumption. Moreover, the National Board of Fire Underwriters' Reports show that a larger number of fires are caused by defective chimneys than by any other cause.

### Eliminating Common Faults in Chimney Construction

1. Brick should not be laid on edge and should be properly bonded. Lack of mortar, especially in the perpendicular joints, ruins many a chimney.

2. A chimney should never be carried on any timber construction of the building. When it rests upon the ground, a sufficient masonry foundation should be provided to prevent settling.

3. The connection between the smoke pipe and the flue should be tight; rusted





pipe should be replaced, chimneys should be kept clean and joints in the brick work properly pointed.

4. Every chimney flue should be tight enough to prevent escape of smoke. A leaky flue is the most frequent cause of heating troubles, high fuel bills and destructive fires.

5. Each heating unit should have a separate flue. Do not use the "range" flue for other heating equipment.

### *Draft*

The draft depends entirely on the chimney flue. The better the flue, the more satisfactory and efficient will be the operation of your range. The strength or intensity of the draft is dependent mainly on the size, height and tightness of the chimney flue. A chimney may be high enough, yet have too small a flue passage to carry the volume of smoke. On the other hand, the flue passage may be sufficient, but the chimney too low to produce a draft. Either will result in unsatisfactory service.

A chimney not less than 25 feet above the fire box and built higher than the house or other obstruction, with a *straight* flue passage (round or square) not less than 9 inches in diameter on the inside, will furnish the draft necessary for satis-

factory range operation. (See illustration on preceding page.)

### *Smoke Pipe Connections*

1. In fitting the smoke pipe, no opening should be left around it, and the pipe should not project into the flue lining. (See illustration below.)

2. The joint should be made airtight by a closely fitting collar and fire-proof cement.

3. Where two or more joints of pipe are used from the elbow to the chimney, the smoke pipe should have a rise of from  $\frac{1}{2}$  inch to 1 inch to the joint.

4. If a flue must be carried through a wooden partition, the woodwork should be protected by a galvanized iron ventilating thimble at least 12 inches longer than the smoke pipe. Smoke pipes should not pass through floors, closets, or enter a chimney in the garret.

5. To prevent rain from falling directly into the range, use at least one elbow in pipe connections. When range is not used for extended periods, disconnect stove pipe from chimney and cover chimney opening. This prevents moisture from chimney rusting range interior. This cannot happen when range is being fired as the heat dries chimney moisture immediately.



Figure 1 shows wrong connection  
—pipe interfering with draft

Figure 2 shows proper connection—good  
draft and free passage for smoke and gases





# General INFORMATION

OF COURSE you wish to serve well-prepared, wholesome foods to your family. Perhaps, sometimes, you are puzzled as to the best way to do this. We take great pleasure in presenting the new "Home Comfort" Cook Book, confident that it will help solve these domestic problems to your satisfaction. This book will teach you the value of correct eating, how to do the most with materials on hand, how to make economy a pleasure and how to prepare and cook many new and appetizing dishes.

The book includes a splendid collection of selected recipes, the best of advice, and a wealth of information. It contains not only the latest culinary wrinkles but the old and tried recipes as well—those which form the background of our national cookery and of which we are justly proud. Then there are delicious foreign dishes that have crept into our homes and become a feature of our everyday fare. These are easy to prepare and you will be glad to know about them.

The Home Comfort Cook Book gives you uses and combinations for the fine packaged and canned foods that do so much to save a cook's time and labor. An extensive chart is appended, with suggestions for converting food left over from previous meals into economy dishes that are as appetizing and attractive as those made from new ingredients.

The Chapter on Helpful Hints will do much to assist you, as will the charts and instructions about modern meat cookery, vegetables and balanced meals. Neither time nor money has been spared to bring you this book. Although it is the result of years of experience and the best of modern research, it is simple to follow and easy to understand.

We are sure that experienced housekeepers will be delighted with it and that the most inexperienced woman who uses it will soon become a competent, progressive housewife. So it is with a spirit of helpfulness and happiness that we place this good friend and advisor, the Home Comfort Cook Book, in your hands. May you learn to enjoy and appreciate it while adding immeasurably to your family welfare by taking advantage of all it offers.

## Food and Your Health

UNTIL RECENTLY, the housekeeper has struggled to provide her family with wholesome foods without definite knowledge of their nutritive value. Now, scientists have changed this by bringing us definite information about the vitamins and minerals essential to health, which must be included in our daily diet if we wish to remain well and active.

This places a new responsibility on the housekeeper—one that she must meet with understanding if she wishes to do her full duty toward herself and her family.

*What are vitamins?* They are substances of unknown composition, normally present in minute quantities in the food we eat.



# General INFORMATION

*What do they do for us?* They are the source of energy, of material for new growth and for replacement of waste tissue. They protect us from deficiency diseases.

*What happens when we have an insufficient supply of vitamins?* Our bodies become incapable of maintaining a healthy organism, and we lose our resistance to disease.

*What is the housekeeper's new responsibility?* She must take an intelligent interest in the meals she serves, to be sure they include an adequate amount of the vitamins and minerals essential to the health of her family. The body needs a constant fresh supply of vitamins and as it does not manufacture these itself, they must be supplied in the food we eat.

*Are vitamins present in sufficient quantities in all food?* Some foods are so low in vitamin content that unless *properly balanced* food is taken, a person may eat three meals a day and starve.

*What is a balanced meal?* A balanced meal is one properly proportioned and varied to include all vitamins and minerals necessary for health.

## Daily Diet Chart

THIS CAREFULLY compiled chart shows what every person needs to have the right proportions of natural mineral elements and essential vitamins in his three daily meals. This simple system will assure him of a balanced diet.

**Milk:** 1 quart for each child; 1 pint for each adult.

**Vegetables:** At least two, preferably three (other than potato) of which one is raw or leafy.

**Fruit:** At least two, preferably one raw and one stewed.

**Eggs:** One egg.

**Meat, fish or cheese:** One serving (an occasional dish of spaghetti, macaroni, etc., may be substituted).

**Starches that may be added:** Potato, rice, macaroni, breads, etc. Only one at a meal.

The milk may be taken in soup or sauce; the egg in pudding, pie or cake; the vegetables in stew or salad, etc. This list merely means that it is advisable to include these foods in about these amounts and proportions at some time in the three meals served every day. A little planning, forethought and management is all that is needed to comply with these rules, but the food suggested is neither costly nor extravagant when weighed against the good accomplished by serving it.

Correct eating soon becomes a habit, one that will lead among other things to improved health, resistance to disease, increased energy and happiness. Surely that is a goal worth striving for.

## Table of Weights and Measures

THE RECIPES in this book call for standard measuring cups and spoons. A standard measuring cup equals  $\frac{1}{2}$  pint. All measurements given are level. Note abbreviations for teaspoon (tsp.) and tablespoon (tbsp.) which will be used hereafter throughout the book.

1 salt spoon.....	$\frac{1}{4}$ teaspoon (tsp.)
3 teaspoons.....	1 tablespoon (tbsp.)
1 rounded table- spoon.....	2 tablespoons
2 tablespoons.....	$\frac{1}{8}$ cup
4 tablespoons.....	$\frac{1}{4}$ cup
16 tablespoons.....	1 cup
2 gills.....	1 cup
1 cup.....	$\frac{1}{2}$ pint
2 cups.....	1 pint
2 pints.....	1 quart
4 quarts.....	1 gallon
8 quarts.....	1 peck
4 pecks.....	1 bushel
16 ounces.....	1 pound
16 liquid ounces....	1 pint (2 cups)
2 cups granulated sugar.....	1 pound
$2\frac{3}{4}$ cups powdered sugar.....	1 pound
$2\frac{3}{4}$ cups brown sugar.	1 pound
2 cups solid meat..	1 pound
5 eggs.....	about 1 cup
8 egg whites.....	about 1 cup
16 egg yolks.....	1 cup
2 cups butter.....	1 pound
Butter the size of an egg.....	$\frac{1}{4}$ cup



# General INFORMATION

1 square bitter chocolate.....	1 ounce
5 cups shelled walnuts.....	1 pound
4 cups shelled pecans.....	1 pound
4 cups shelled almonds.....	1 pound
5 cups cocoanut....	1 pound
4 cups grated cheese	1 pound
1 cup rice, cooked..	3 cups
1 cup noodles, cooked.....	1 1/4 cups
1 lemon, juiced....	about 3 1/2 tablespoons
1 orange, juiced....	about 6 tablespoons
3 cups chopped figs.	1 pound
2 cups chopped dates.....	1 pound
3 cups dried apricots	1 pound
2 1/2 cups dried prunes.	1 pound
2 1/2 cups seeded raisins	1 pound
3 cups seedless raisins.....	1 pound

The following chart is sometimes helpful:

No. 1 can contains.....	1 1/2 cups
No. 2 can contains.....	2 1/2 cups
No. 2 1/2 can contains.....	3 1/2 cups
No. 3 can contains.....	4 cups

## Chart for Deep Fat Frying

	Temperature	Time
Doughnuts and other raw dough mixtures.....	360° to 370°	Until brown
Croquettes and other cooked food mixtures.	390°	Until brown
French Fried Potatoes.....	395°	4 1/2 minutes

## To Test the Heat of Fat Without a Thermometer

HEAT the fat slowly. Drop a one-inch cube of bread (one day old) into it. If the bread browns in 40 seconds, the fat is ready for frying cooked food. If the bread browns in one minute, the fat is ready for frying uncooked food. The exception to this rule is French Fried potatoes. Fry these when a cube of bread browns in 20 seconds.



*The information given in this Cook Book is from sources which are believed to be reliable. However, the Company does not guarantee any recipe, formula or other information herein set forth, nor assume any responsibility for its correctness or accuracy.*

## General Cooking Terms

(Baking and meat cooking terms are explained in respective chapters)

**Au Gratin:** Food (usually creamed) covered with bread crumbs and butter or cheese and baked until top is brown.

**Baste:** To moisten food being cooked with juices from pan or with additional liquid.

**Boil:** To cook in boiling water (212° F.).

**Brush:** To spread very thinly with brush or small paper or cloth.

**Cook until firm:** Until food is firm when touched with finger.

**Cook until tender:** Until fork can be easily inserted. In the case of vegetables and fruit use straw.

**Fry:** To cook in deep fat.

**Garnish:** To use one food to decorate another.

**Grill:** Same as Broil. See meat chapter.

**Larding:** To draw narrow strips of salt pork or bacon through meat. A needle is made for this purpose but it can be done with a small sharp knife.

**Marinate:** To soak in French dressing, vinegar, or lemon juice.

**Mince:** To chop very finely.

**Parboil:** To cook partly—not to complete cooking.

**Pulp or Purée:** Pulp and juice of a vegetable or fruit that has been rubbed through a sieve or ricer.

**Ragout:** Being French, a deluxe concoction, but literally stew.

**Roast:** To bake meat or other food.

**Sauté or Brown:** To cook in small amount of fat.

**Scald:** To cover with boiling water.

**Sear:** To brown surface of meat by quick application of intense heat.

**Shred:** To cut into very thin slices.

**Shortening:** Any kind of fat suitable to baking.

**Simmer:** To cook slowly, without boiling, but with temperature just below the boiling point.

**Soak:** To immerse in liquid for a period of time.

**Steam:** To cook over boiling water.

**Stew:** To cook gently in small amount of liquid for long period.

**Truss:** To tie fowl or other meat so it will hold together.

**Tryout:** To heat fat slowly until melted.

**Until set:** Until liquid has congealed (usually refers to gelatins).

WROUGHT IRON RANGE COMPANY



# S O U P S



## SOUP STOCK

**S**OUP is usually made from meat, bones, vegetables and cereals. Beef, veal, and poultry are meats best adapted to making good soup stock and may be used separately or in combination. Mutton and lamb should be used sparingly, due to their strong flavor.

Place meat in pot and cover with cold water. Add a little salt. Use about twice as much water as you have meat and other ingredients. The meat may be cooked whole or cut into 1-inch cubes. It may be browned in fat before using, which adds flavor and color. The meat may be soaked in the water an hour or more before the soup is cooked, to extract the juices.

Bring water slowly to boiling point; cover pot and simmer for about 4 hours. Add additional seasoning and vegetables for last hour of cooking—about 2 cups of diced vegetables per pound of meat. Strain soup, chill and remove grease. You can lift off grease by passing a piece of absorbent paper lightly over surface.

You now have a clear liquid known as stock. If all nourishment has not been extracted from the meats, they may be used in a second stock, but it will usually be necessary to add fresh materials to bring to full strength. Bones, especially, may be used in second stock.

If you wish unstrained soup or cereal soup, add vegetables cut into dice and cereal (rice, barley, farina, etc.) at the same time; that is, one hour before the soup is done. Use 1 tsp. barley, rice or oatmeal, or  $\frac{1}{2}$  tsp. tapioca to 1 cup of the original measure of water.

Soup stock may be thickened with equal parts of butter and flour (1 tbsp. each to 1 cup stock) or with cream or eggs. It may be colored with Kitchen Bouquet or with sugar caramelized until burnt to which boiling water has been added. This will keep indefinitely if bottled. Beef cubes, etc., may be used as stock substitute, but nothing is better than good homemade soup.

**White Stock:** Made with white meats and light-colored vegetables.

**Brown Stock:** Made with dark meats and vegetables.

**Bouillon:** Made with beef (part of which is browned in marrow) and vegetables.

**Consomme:** Made with beef, veal, chicken and vegetables.

These four soups are served clear or with marrow balls, dumplings, toasted bread cubes, noodles, chopped parsley, grated raw carrots, cheese, etc.

Good soup may be made from cooked meat, vegetables, gravy, bones and cereals. The meat need not be browned. Follow the rule given above, but cook the soup for about 2 hours only.

Soups and broths of fish are made from whole fish, or from stock made from the bones, skins and trimmings, broken up into small bits. The stock should be well strained. As

the flavor is stronger and the juices more easily extracted than meats, a larger proportion of water should be used and cooking time should be shorter (about 1 hour). Vegetables may be added.

Meatless vegetable soup may be made with stock in which fresh vegetables have been cooked or to which diced, cooked vegetables or cereal have been added.

Cream Soup (Purée or Bisque) is made with strained cooked vegetables, or strained cooked fish, to which thin cream sauce (made with butter, flour and milk or stock) is added.

Cereal Soup is stock or cream soup and cereal.

Chowder is a thickened soup that resembles a stew.

Vegetables used for soup are usually celery (with leaves), parsley, carrots, turnips, onions, leeks, parsnips, lettuce, peas (pods may be added), beans, etc.





# SOUPS

## Split Pea or Bean or Lentil Soup

1 turkey carcass or 1 ham bone  
1 cup split peas or beans  
1 onion  
8 cups water  
1 tbsp. flour  
1 stalk celery  
2 tbsps. butter or soup fat  
Seasoning

SOAK peas in water 12 hours. Add turkey carcass or ham bone and simmer soup covered for 4 to 5 hours. Add vegetables for last hour of cooking. Strain stock and chill.

Press peas through colander or ricer and add purée to stock from which grease has been removed. As the ingredients will separate, they must be bound. Melt butter or fat, add flour and when they are bubbling, add stock.

Season soup well and serve with toasted bread cubes.

## Chicken-Gumbo Soup

JOINT a young chicken and brown in equal parts of lard and butter; simmer in 2 quarts water until tender.

Remove all bones, cut meat in smaller pieces and return to broth after skimming off grease. Add 1 cup okra (sliced, floured and fried), 2 chopped onions, 2 to 6 sliced medium tomatoes, 1 cup diced celery. Season with salt, pepper and a little sugar.

Cook slowly for 30 minutes; add 2 cups milk or cream in which 1 tbsp. cornstarch has been smoothly mixed. Bring just to scalding point. Remove and serve.

## Chicken-Tomato Soup

JOINT half grown chicken and simmer 1 hour in 2 quarts water.

Two cups vegetables for soup may be added to water. Add 2 large sliced tomatoes, or 1 cup canned or stewed tomatoes. Add 1 cup boiled rice or barley and, just before removing from fire, add 1 cup milk and cream, 2 tbsps. butter. Season with salt and pepper. Serve.

## Fish Soup

CLEAN, wash and dry 1 pound any white fish, and cut into small pieces or flake. Put into pan or kettle with 1 pint each milk and water; add 1 cup finely chopped mixed vegetables (carrots, onions, celery, etc.) with a little chopped parsley, and a small bit of any herbs desired.

Simmer for 30 minutes, strain off liquor, melt 2 tbsps. butter in a pan and stir in 2 tbsps. flour. Then add fish liquor and stir until it boils.

Set from over fire and let it cool slightly. Add 2 egg yolks beaten with  $\frac{1}{2}$  cup cream, straining into cooled soup. Reheat almost to boiling point. Season with salt and pepper, add a few drops of lemon juice, and chopped parsley. Serve with toasted bread cubes.

## Creole Soup

DROP  $\frac{1}{4}$  cup washed rice in 3 cups boiling water and boil 30 minutes.

Fry  $\frac{1}{2}$  cup chopped onions in 2 tbsps. bacon grease until tender but not brown. Add 2 cups tomato pulp, stew 10 minutes, rub through strainer into rice and water.

Season with salt, sugar and paprika or chili powder to taste; add 1 chopped green pepper or 1 tbsp. finely chopped parsley.

## Mexican Soup

To 2 quarts of stock add 1 each: sliced large onion, large tomato, small turnip, small carrot and stalk of celery. Simmer for 2 hours, skimming frequently. About 30 minutes before soup is done, stir thoroughly and add salt and 1 tablespoon chili powder. Strain through sieve and serve.



## Ox-Tail Soup

CLEAN and cut 1 ox-tail into joints, put into stew kettle, cover with salted cold water, bring to boiling point, simmer covered for  $\frac{1}{2}$  hour and strain off stock.

Have ready  $\frac{1}{2}$  cup finely chopped bacon or ham and 2 each onions, carrots, small turnips and single stalks of celery, all finely sliced or chopped.

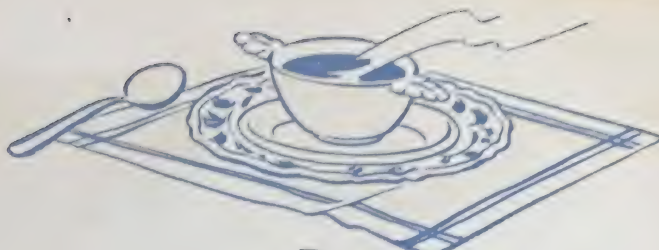
Dry each ox-tail joint, roll in flour and put into stew pan containing 4 tbsps. hot cooking fat. Add bacon and chopped vegetables and sauté all together until brown. Add strained ox-tail stock, 12 whole peppers, 2 cloves, any herbs desired and salt if necessary.

Bring whole to boiling point, skim well, cover with lid and simmer for  $3\frac{1}{2}$  or 4 hours. Strain, remove excess fat, return to kettle, add 1 tbsp. cornstarch beaten into a little milk or wine, stir and cook a few moments. Put in smaller joints of ox-tail; serve.

Larger joints may be served in brown gravy.



# S O U P S



## Onion Soup

- |                              |                             |
|------------------------------|-----------------------------|
| 1½ cups thinly sliced onions | 1 tsp. Worcestershire sauce |
| ¾ cup water                  | Salt                        |
| 4 tbsps. butter              | Pepper                      |
| 1 tbsps. flour               | Toast                       |
| 6 cups stock or substitute   | Grated cheese               |

COOK onions in water until it is absorbed. Brown onions in butter. Stir in flour, stock and Worcestershire sauce.

Simmer covered for 1 hour. Season soup. Place in oven-proof dishes. Cover top with toast sprinkled with cheese. Put in hot oven until cheese is melted. Serve at once.

## Potato Soup

- |   |                          |
|---|--------------------------|
| 2 cups sliced onions                            | 1 tsp. salt              |
| ¼ cup butter                                    | ⅛ tsp. pepper            |
| 5 cups fresh tomatoes or 3 cups canned tomatoes | 2 cups sliced potatoes   |
| 2 tps. sugar                                    | 6 cups boiling water     |
|   | 1 cup cream              |
|   | 2 tbsps. chopped parsley |

COOK onions gently in butter for about 1 hour. Cover and add tomatoes and seasoning. Simmer, covered, for 20 minutes.

Add potatoes and water and simmer, covered, until the potatoes are very tender. Put soup through strainer. Scald and stir in cream. Add parsley.

## Tomato Soup

- |                           |   |
|---------------------------|---|
| 1 No. 2 can tomatoes      | 2 cups stock or 2 cups water and 2 beef cubes |
| 1 small onion             | ½ tsp. sugar                                  |
| 3 ribs celery with leaves | ⅛ tsp. paprika                                |
| 2 tbsps. butter           | Salt  |
| 2 tbsps. flour            | 3 tbsps. chopped parsley                      |

BOIL tomatoes with onion and celery for 10 minutes. Strain. Melt butter, add flour and when smooth add stock and strained tomato. Boil for 1 minute. Add seasoning and chopped parsley and serve.

## Vegetable Soup



- |                |                  |
|----------------|------------------|
| ¼ cup carrots  | 3 tbsps. butter  |
| ¼ cup turnips  | ½ tbsps. flour   |
| ¼ cup celery   | ¾ tsp. salt      |
| ½ cup potatoes | 1 beef cube      |
| ¼ cup onion    | 3 tbsps. parsley |
| 3 cups water   |                  |

DICE vegetables. Melt 3 tablespoons butter, add carrots, turnips and celery and cook for 10 minutes. Add potatoes and cook for 2 minutes. Add onion and water and simmer soup for 1 hour. Melt butter, add flour and a little of soup. Return soup to kettle and cook 1 hour longer. Add beef cube. Beat soup with a fork, to break up vegetables, add parsley and serve.

## Mid-Summer Soup

MAKE blended stock from liquids in which vegetables and starches have been boiled; peas, beans, tomatoes, spinach, cauliflower, cabbage, and macaroni, spaghetti, noodles, rice.

Put in pot with an onion and some parsley, cook until onion is done. Season to taste, and add lightly beaten egg, or add flour or corn-starch to suitably thicken; serve.

## Potato Chowder

PEEL and cut into dice shape, 6 medium-sized potatoes (about 3 cups) and ¼ lb. or 4 cubic inches of bacon or salt pork.

Add 1 tablespoon finely chopped onion; put pork cubes into hot frying pan, sauté until light brown. Put layer of potatoes into saucepan, sprinkle on layer of pork and onion, salt and pepper to taste, and a little finely chopped parsley. Build layers alternately until all ingredients are used.

Add 2 cups water or stock, cover closely and let simmer 20 minutes; then add 2 cups milk and 1 tbsps. each flour and melted butter worked together. Stir with fork to avoid breaking up potato cubes, until chowder boils. Serve with crackers.

## Corn Chowder



FOLLOW Potato Chowder recipe, and add 2 cups fresh green corn with potatoes; or, add 2 cups cooked or canned corn with milk. Peas may be substituted for corn.

## Vegetable Chowder

FOLLOW Potato Chowder recipe and add 2 cups of one or more vegetables finely chopped, in addition to potatoes.

## Fish Chowder

FOLLOW Potato Chowder recipe, and add 1 to 2 cups flaked fish (depending upon strength) with potatoes.

If salt fish, such as cod, is used, flake or shred and soak out salt in luke-warm water before adding. If canned fish, use the liquid, adding only enough water to make the 2 cups required. Use all milk instead of part water if desired; or 1 cup may be sweet cream.

Broken crackers, softened in a little milk, may be added just before last boiling.



## Clam Chowder

FOLLOW Potato Chowder recipe and add 2 cups chopped prepared clams in layers with potatoes when putting into saucepan. Substitute 1 cup clam juice for 1 cup water.

To thicken just before serving, add broken crackers softened in milk.

**To prepare clams:** If fresh, wash about 2 dozen clams perfectly clean and boil in a kettle until they open easily; remove clams and separate meat from juice; or open clams and boil in their own juice 3 minutes, separate meat from juice, chop meat and strain liquid.

If canned, separate meat from liquid, chop and strain as above.

## Oyster Stew

1 pint oysters— with liquor	1/2 cup cream
1/4 cup butter	1/2 tsp. salt
1 1/2 cups milk	1/8 tsp. pepper
	2 tbsps. chopped parsley

MELT butter in top of double boiler, add oysters, bring to boiling point but do not boil.

Pour milk and cream over hot oysters. Place boiler over hot water. When oysters come to surface, add chopped parsley, serve.

## Cream Soups

AN inventive cook can make up her own cream soups by combining vegetable pulp or finely ground meat or fish with thin white sauce (1 tbsp. each butter and flour to 1 cup milk). Usually 1 cup pulp to 4 cups milk and well seasoned makes an appetizing proportion. Following are some rather unusual recipes for cream soups and bisques (especially thick cream soups).

### Cream of Mushroom Soup

1/2 lb. mushrooms	2 tbsps. butter
2 cups stock or water	2 tbsps. flour
1 small stalk celery	2 cups top milk or cream
2 carrots	1 1/4 tps. salt
1/2 onion	1/8 tsp. paprika
Several sprigs parsley	1/8 tsp. nutmeg

WASH mushrooms, trim stems and cover. Add celery, parsley, peeled carrots and onion and simmer soup until mushrooms are tender (20 minutes). Drain vegetables, reserving stock, and put through food chopper using finest knife.

Melt butter, add flour and when well blended, add mushroom stock slowly and hot milk or cream. Add ground vegetables and seasoning and serve topped with whipped cream garnished with paprika and parsley.

## Cream of Spinach Soup

2 lbs. spinach	4 cups milk
2 tbsps. butter	3/4 tsp. salt
1 tbsp. grated onion	1/4 tsp. paprika
2 tbsps. flour	Grated nutmeg

PICK over and wash spinach. Place, while moist, in covered saucepan, cook for 6 minutes, drain and put through sieve.

Melt butter and sauté onion in it about 3 minutes. Blend in flour, then add milk gradually. Stir in sieved spinach and season. Heat soup well. May be served with sprinkling of grated cheese on top.



## Cream of Corn Soup

2 cups boiling water	1 tbsp. chopped onion
2 cups canned corn (cream style)	2 cups milk
1/2 cup chopped celery and leaves	2 tbsps. butter
1/4 cup chopped parsley	2 tbsps. flour
	1 tsp. salt
	1/4 tsp. paprika

ADD water to corn. Simmer, covered, for 20 minutes with celery, parsley and onion. Melt butter, add flour and when well blended add milk slowly. Strain corn mixture and add to white sauce. Season, heat to boiling point and serve with sprinkling of additional parsley on top of each soup plate.

## Chicken Bisque

2 tbsps. butter	1 cup cooked ground chicken
2 tbsps. flour	Salt and paprika
3 cups chicken stock	
1 cup top milk	

MELT butter, blend in flour, add chicken stock gradually, then top milk and ground chicken.

Season to taste. Heat well and serve—luscious preceding a salad main course at luncheon when topped with whipped cream, sprinkled with paprika.

## Noodles for Soup

1 egg	2/3 cup flour (approx.)
1/4 tsp. salt	

BEAT egg slightly, add salt and enough flour to make a rather stiff dough. Knead well and let stand 1/2 hour. Roll very thin and let dry until no longer sticky.

Before it becomes brittle, fold over several times and cut into narrow strips. Toss noodles lightly with fingers and spread until dry. They may be used at once or kept in jars for future use.

When using, drop noodles into simmering stock or water and cook for 5 minutes.



# Special DISHES

## Farina Balls

2 cups milk  
½ cup farina  
1 tbsp. butter

Salt, paprika, nutmeg  
2 eggs

BOIL milk, add butter and seasoning. Add farina and stir constantly until it thickens. Remove from fire and beat in eggs, one at a time. Drop batter from teaspoon into simmering stock and cook balls until done, 2 minutes or more.

## Marrow Balls

¼ cup fresh marrow  
2 tbsps. butter  
3 eggs

Salt, nutmeg  
Chopped parsley  
Cracker crumbs

BEAT marrow and butter until creamy. Add remaining ingredients, using just enough cracker crumbs to make mixture right to roll into balls. Cook marrow balls in simmering soup for 15 minutes.

## Cereals

BREAKFAST foods are usually packaged and recipes for their use are printed on boxes.

Drop cereals in rapidly boiling salted water. Keep water boiling hard until cereal is cooked, or cook in double boiler. If cooked in double boiler, stir cereal several times while cooking. Grated cheese may be stirred into cooked cereals.

Cereals may be poured into pans while hot, chilled, cut into slices and sautéed in drippings or fried in deep fat. They may be rolled into balls, dipped in egg, then in seasoned crumbs and sautéed or fried.

## Rice



RICE should be washed and drained, then dropped gradually into rapidly boiling salted water. Use 1 cup rice to 8 cups water, and 1 tsp. salt. Cook rapidly for about 25 minutes. Drain in colander.

Pour several cups of cold or very hot water over it to separate grains. It is then ready to be served with butter, drippings or sauce, or to be made into numerous rice dishes. Save rice water. It is a good base for soup.

## Cheese Rice

1. GOOD cheese rice may be made by adding ½ cup of grated cheese to the undrained rice when it is done. Stir over low heat until cheese is melted.

2. Cook, drain and dry rice. Stir in ¾ cup grated cheese, 1 can condensed mushroom or tomato soup. Cover top with buttered crumbs. Put into hot oven until well heated.

## Spanish Rice

COOK as above, 1 cup rice. Drain and rinse. In a pan, sauté 3 slices bacon, 1 medium-sized onion and 1 large green pepper, both finely chopped. Sauté until brown, add 1 cup tomatoes, season with salt and paprika or chili powder, add cooked rice and mix well.

Put into hot oven to drive off surplus moisture; serve. Bacon may be cut up into dice or strips laid on top, as preferred.

## Rice Croquettes

COOK as above, 1 cup rice. Drain and rinse. Whip into hot rice 4 tbsps. each butter and sugar, season with salt. When partly cooled, add 2 well-beaten egg yolks; moisten with enough milk to hold form when molded with hands. Mold into balls or cakes, dip in beaten egg, roll in fine bread crumbs or cracker meal, and fry in either deep or shallow fat. Serve hot. Good with currant jelly.

## Rice Ring

COOK as above, 1 cup rice. Drain and rinse. Pack into buttered mold. Pour over ¼ cup melted butter. Set in pan of hot water and bake in moderate oven about 20 minutes. Loosen edges and turn out onto flat plate. Fill center with creamed oysters, chicken, peas, hash, etc.

## Hominy

DROP 1 cup hominy into 4 cups boiling, salted water. Place over hot water and steam, covered, until tender (about 1 hour). Stir frequently. Serve with cream or melted butter.

Hominy combines well with cheese sauce. Use 2 cups cooked hominy and 1½ cups sauce. Cover with buttered crumbs. Bake in hot oven until browned.

## Hominy Balls

FORM cooked and cooled hominy into small balls about size of walnut. Roll in fine, soft bread crumbs, dip into mixture of beaten egg and 3 tbsps. milk. Roll again in crumbs, and fry in hot deep fat until browned.

Serve in place of potatoes. Any form of hominy or farina may be used.





## Spaghetti — Macaroni — Noodles

THESE are cooked by dropping them into boiling salted water and cooking about 20 minutes. Keep water boiling hard and cook uncovered. When tender, drain in colander. Pour 4 cups of cold water over them.

They are now ready to be served or made into one of many well-known dishes. Spaghetti, etc., may be served with melted butter, drippings, grated cheese, buttered crumbs, fried onions, white sauce, tomato sauce, gravy, mushroom sauce. Canned soups are good with these.

### Baked Macaroni or Noodles

- |                         |                      |
|-------------------------|----------------------|
| ✓ 1 cup macaroni—boiled | Salt, paprika        |
| 2/3 cup milk            | Few grains cayenne   |
| 1 or 2 eggs             | 1/4 cup bread crumbs |
| 1 cup grated cheese     |                      |

BUTTER a baking dish. Place alternate layers of macaroni and cheese in it, reserving 1/8 cup of cheese for top. Beat eggs, add milk and seasoning and pour over macaroni. Sprinkle top with remaining cheese combined with bread crumbs. Bake in quick oven until well browned.

If macaroni is packed in ring mold, omit cheese and bread crumb topping. Place mold in pan of hot water. Bake as directed for about 15 minutes. Loosen edges with knife and turn onto a flat plate. To fill center, see Rice Ring.

Ground cooked ham may be added to other ingredients.

### Spaghetti

- |                          |                        |
|--------------------------|------------------------|
| 1/2 lb. boiled spaghetti | 1 1/2 green peppers,   |
| 4 tbsps. butter          | chopped                |
| 1/2 onion, chopped       | 1 can tomato soup      |
| 4 tbsps. flour           | 1/2 lb. cheese, diced  |
| 2 cups stock or milk     | 1 lb. lobster, crab or |
|                          | shrimp, diced          |

MELT butter, add onion and cook for 1 minute. Add flour and milk or stock. When sauce is thick, add hot tomato soup and diced cheese very slowly, stirring constantly. Cook over low heat until cheese is melted, then add fish and cook for 1 minute. Last add boiled, drained spaghetti.

This dish may be prepared in advance and reheated over hot water. Veal, chicken, beef or mushrooms may be substituted for fish.

## EGGS

### Boiled Eggs

PLACE eggs in boiling water, reduce heat and keep water below boiling point—6 minutes for delicately coddled eggs; 8 minutes for firmly coddled eggs; 30 to 35 minutes for hard-cooked eggs. Plunge the last, when done, into cold water to prevent discoloration of yolks.

### Poached Eggs

FILL small skillet 2/3 full of water and bring to boil. Add 1/2 teaspoon salt to 4 cups water. Reduce heat until water is below boiling point. Break egg into dish and slip gently into water. Repeat. Water should cover eggs.

When film forms over top of eggs and whites are firm, remove with buttered skimmer and serve on rounds of toast. Eggs may be poached in a small amount of milk or stock.



### Scrambled Eggs

- |                          |                 |
|--------------------------|-----------------|
| 1 tbsp. butter           | 3 eggs          |
| 1/2 tbsp. onion, chopped | 1/8 tsp. salt   |
| fine                     | 1/8 tsp. pepper |

MELT butter, add onions and when heated add eggs beaten with seasoning. Place over low heat. When eggs begin to thicken, break into long shreds with fork. When done, serve on lightly buttered toast.

Eggs may be scrambled in tomato soup. Use 3/4 cup soup to 4 eggs. Add minced onion and green pepper if desired.

### Fried Eggs

- |                         |               |
|-------------------------|---------------|
| 1 tbsp. butter or bacon | 4 eggs        |
| fat                     | Salt, paprika |

PLACE butter in small skillet. When melted, place over low heat, add eggs and cook gently until done. Slash across egg whites to permit heat to penetrate lower crust. When eggs are firm, season and serve.

Fried eggs on rice with tomato sauce make a good meal.



# Special DISHES

## Hard-Cooked Eggs

COOK eggs by rule for Boiled Eggs. When hard, chill, shell and halve. Remove yolks, mash with fork. Add butter or oil, vinegar, mustard, seasoning, etc., to yolks, then refill whites. Chopped meat, pickles, nuts, olives, onion, peppers, etc., may be added to yolks.

The eggs may be halved or sliced and added to white sauce seasoned with mustard, cheese, catsup, Worcestershire sauce, etc.

They may be combined with vegetables. Asparagus tips and hard-cooked eggs are good, the sauce made with butter, flour, cream and asparagus water. Make 2 cups of sauce for 6 eggs and one square can asparagus tips.

Hard-cooked eggs are good in spinach with grated cheese, sprinkled over them. The eggs may be covered with white sauce before cheese is added. Heat in hot oven. Eggs may be served on lettuce with dressing as salad.

## Omelet

4 eggs	½ tsp. salt
4 tbsps. milk	1 tbsp. butter
1 tsp. baking powder	1 tbsp. chopped parsley

COMBINE milk, egg yolks and baking powder and beat well. Place egg whites in separate bowl, add salt, beat to stiff froth and fold in yolk and milk mixture.

Place skillet on slow fire, melt butter, pour omelet into skillet and cover with lid. From time to time slash across omelet with knife, permitting heat to penetrate lower crust.

When omelet is done (about 12 minutes) it may be placed on center grate of moderate oven until top is set, or it may be folded over and served at once.

Chopped olives, parsley, onions, cooked ham meat or vegetables may be added to the yolk part of omelet. Omelet is good with sauces—cheese, tomato, mushroom, etc., or with gravy.

## Baked Eggs

BUTTER an oven-proof dish. Break eggs into it. Cover eggs with cheese, mustard or curry sauce, etc. Bake in moderate oven for about 10 minutes. Buttered crumbs may be placed on top before or after baking.

## Shirred Eggs

BUTTER small oven-proof dishes, break one egg into each, season each with a little butter and salt, and sprinkle the tops with grated cheese or bread crumbs, which may be mixed with a little chili powder or paprika. Bake in oven until set. Left-over yolks from baking may be used this way.

## Egg Foo Yong

BEAT 5 eggs and mix with ½ cup shredded green onions, ½ cup finely chopped bacon, ham or cold roast meat of any sort, ¼ cup chopped mushrooms and 2 cups shredded celery.

Mix to molding consistency, divide into 6 portions and mold in flat, round form. Sauté in shallow pan of hot cooking fat; serve with well-seasoned gravy.

## Soufflé

3 tbsps. butter	3 egg yolks
3 tbsps. flour	3 egg whites
1 cup liquid*	Seasoning
1 cup minced ingredients†	

MAKE sauce of first three ingredients. When boiling, add minced ingredients. Bring to a boil again and remove from fire. Beat in egg yolks. Cook and stir over low fire until they thicken slightly. Remove pot from fire, add seasoning and cool. Beat egg whites. When stiff, fold into mixture.

Bake in oven-proof dish in moderately slow oven for about 30 minutes. Serve at once.

Soufflés may be served with cheese, tomato or mushroom sauce.

To make a ring, grease mold, fill, set in pan of hot water and bake.

\*For liquid use milk or stock, vegetable water and cream.

†For minced ingredients use cooked meat, fish and vegetables. Left-over food is fine for this dish. Mushrooms, celery and carrots need not be cooked. Broccoli and spinach make fine soufflés, so do onions.



## Cheese Soufflé

SUBSTITUTE ½ cup cheese for minced ingredients in above recipe.

## Timbales

1½ cups warm milk	⅛ tsp. nutmeg
3 eggs	1 tsp. chopped chives,
¾ tsp. salt	parsley, onion
½ tsp. paprika	

COMBINE and beat above ingredients. Add 1 to 1¼ cups cooked minced food. (Cauliflower, meat, fish, etc.) Place in buttered molds in pan of warm water in moderately slow oven. Tops may be covered with buttered or waxed paper. Bake until firm or for about 20 minutes.

Turn out and serve with or without tomato or mushroom sauce or gravy.

This is a good method for using left-over food; especially good cauliflower, asparagus (well drained), peas, fish, chicken. To reheat, place in pan of hot water over heat or in moderate oven.



# ★ Special DISHES

## Croquettes

1 tsp. butter  
1 tsp. chopped onion  
2 tbsps. flour  
1 cup cream or milk  
2 eggs, beaten

Salt  
Paprika or pepper  
Nutmeg  
2 cups minced meat, fish  
or vegetables

MELT butter, add onion and sauté 2 minutes. Add flour, stir until smooth, add milk. When sauce is thick, reduce heat and add eggs and seasoning. Cook sauce 2 minutes longer, stirring constantly.

Combine sauce with 2 cups cooked minced meat, fish or vegetables;  $\frac{1}{2}$  cup bread crumbs may be added. Shape croquettes, dip in bread crumbs, in egg that has been diluted with 1 tbsp. water and again in bread crumbs. Fry croquettes in hot fat ( $390^{\circ}$ ) until a delicate brown.

Cooked sweetbreads, brains, mushrooms, lobster, shrimp, celery, parsley, hash, pickles, capers, etc., may be used in croquettes. Serve with left-over gravy, tomato, mushroom or white sauce with minced parsley.

## Cheese Croquettes

$\frac{1}{2}$  cup croquette sauce  
( $\frac{1}{2}$  the portion given  
above)

1  $\frac{1}{2}$  cups grated cheese  
2 egg whites, stiffly  
beaten

SHAPE croquettes lightly, dip in bread crumbs and fry in deep fat until light brown. These croquettes are not dipped in egg.

## Pancakes



### Filled with Creamed Food

PREPARE creamed food, fish, oysters, hash or vegetables in white or other sauce.

Make pancakes and spread with creamed food. Roll, place in greased pan, sprinkle with grated cheese. Reheat in oven until cheese melts. This recipe is fine for left-over foods.

## Welsh Rarebit

1 tbsp. butter  
1  $\frac{1}{2}$  cups cheese, diced  
 $\frac{1}{8}$  tsp. salt  
 $\frac{1}{4}$  tsp. dry mustard  
Few grains cayenne

1 tsp. Worcestershire  
sauce  
1 cup cream or top milk  
1 egg yolk

MELT butter in skillet, add cheese and melt over slow fire. Add seasoning and then cream very slowly. Add egg yolk and beat in well. Serve rarebit at once over toasted crackers or bread.

Good over sliced tomatoes (tomatoes may be broiled), hard-cooked sliced eggs, oysters (heated in their juice), left-over vegetables, hot cauliflower, etc.

## Cheese Dish

4 cups diced bread  
1 cup grated cheese  
1 cup milk  
2 eggs

1 tsp. salt  
Paprika  
 $\frac{1}{2}$  tsp. mustard  
Few grains cayenne

BUTTER  $\frac{1}{2}$ -inch slices of bread and cut into cubes. Cut two slices buttered bread into triangular pieces. Place a layer of the diced bread in a greased baking dish and sprinkle it generously with cheese. Repeat. Combine milk, eggs, salt, paprika and a few grains of cayenne and pour over bread and cheese. Place triangles of bread upright around edge of baking dish as a garnish. Bake in moderate oven for about 15 minutes.



## Cheese Spread

$\frac{1}{2}$  cup milk  
1 egg  
 $\frac{1}{4}$  tsp. salt

$\frac{1}{4}$  tsp. dry mustard  
 $\frac{3}{4}$  lb. American cheese

SCALD milk, add remaining ingredients and cook in double boiler, stirring constantly, for 15 minutes. Cool cheese, spread on slices of bread and toast in moderate oven until cheese melts.

## Left-over Dish

HOLLOW rolls, leaving  $\frac{1}{2}$ -inch shell. Spread inside and out with butter and toast in slow oven. Fill with left-overs that have been creamed. (Gravy may be used.) Serve at once. May be sprinkled with grated cheese.

## American Rarebit

IN a double boiler melt 2 tbsps. butter. Stir in 1 tbsp. flour until smooth, add juice of 1 onion, salt and cayenne and 1 pound cream cheese cut into bits. When melted, add 1 cup tomato soup and stir in well; add 1 slightly beaten egg. Continue cooking and stirring until egg is blended and mixture is consistency of thick cream; serve hot on crackers or toast.

## Cheese Dreams

SLICE bread thin as for sandwiches and butter each face. Make sandwich, using thin slices of American cheese, salt and pepper. Bake in moderate oven until cheese bubbles, about 10 minutes.



# Special DISHES

## Meat Pie Roll

MINCE or grind cooked meat. Moisten slightly with left-over gravy, white sauce or thick brown sauce. Season well.

Make pie dough and roll very thin. Cut into oblong shape. Brush well on both sides with white of egg—using pastry brush.

Spread oblong of dough with prepared meat and roll loosely like jelly roll. Cut roll into slices  $\frac{3}{4}$  inch thick. Place slices in lightly greased pan and dot tops with butter.

This roll may be prepared in advance and placed in refrigerator until ready for use. Bake slices in hot oven. Serve very hot with brown sauce or tomato sauce.

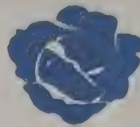
Minced vegetables in thick white sauce may be used. A good filling is mashed potatoes to which onions browned in drippings or butter have been added.

## Scalloped Apples and Onions

6 apples	$\frac{1}{2}$ cup water
6 onions	$\frac{1}{4}$ cup soft bread crumbs
12 slices bacon	1 tbsp. bacon fat
$\frac{1}{2}$ tsp. salt	

PEEL and cut onions crosswise in  $\frac{1}{8}$ -inch slices. Peel, core and slice apples crosswise to same thickness. Crisp bacon and cut into

small pieces. Arrange apples, onions and bacon in alternate layers in greased baking dish and sprinkle apples and onions with salt. Add water and sprinkle top with bread crumbs which have been tossed in 1 tbsp. bacon fat. Cover and bake in moderate oven about 35 minutes, uncovering baking dish during last 15 minutes to brown top.



## Food in Cabbage Leaves

COOK large cabbage leaves in a lot of boiling salted water for 3 minutes. Drain and dry. Combine left-over food (vegetables, meat, fish, etc.) with cooked rice and gravy or white sauce. Add grated cheese if desired, or use only cooked rice, cheese and sauce.

Fill the cabbage leaves and roll. Tie with thread. Place in greased baking dish. Dot with butter. Pour over them a little boiling water or stock.

Bake in moderate oven for about 25 to 35 minutes. Sausage meat, ground beef, cooked ground meat, etc., may be used with or without the addition of vegetables. The meat and vegetables may be uncooked. The rolls may be served with or without gravy or sauce.







# VEGETABLES

SINCE vegetables are among our best sources for vitamins and mineral salts, it is wise to give them our full attention. A little change from the well-known manner of serving them will make them attractive and palatable. Try varying the old monotonous ways by adding some modern touches.

Have you had—

String beans dressed with hot oil instead of butter?

String beans in cheese sauce?

Cabbage with onion sauce?

Vegetables "au gratin"? (Cooked, drained vegetables placed in oven-proof dish, covered with bread crumbs or cornflakes, dotted with butter or sprinkled with grated cheese and browned.)

Baked or broiled egg plant slices?

Fried carrots?

Stewed cucumbers?

Roasted onions?

Broiled tomatoes with cheese?

Young green onions fried?

Read the following rules for these and many other suggestions.

## GENERAL RULES

IF VEGETABLES are wilted, soak for a few minutes in tepid water; then put them wrapped in a cloth where they will be cold. Wash and if necessary scrub vegetables. Cooked without being peeled they retain full food value. They may be peeled after they are cooked.

Prepare vegetables shortly before cooking. Do not soak in water unless the recipe calls for it. Exceptions to this rule are old potatoes (after peeling), and cauliflower, artichokes, Brussels sprouts and broccoli, which must be soaked in order to be cleaned properly.

Boil vegetables, closely covered, in as little water as possible, so that when they are tender they will have absorbed all the moisture in the pan. Add a small quantity of boiling water, if necessary, to keep them from scorching. This method will keep their mineral salts and vitamins from escaping.

The exceptions are: Cabbage, cauliflower, kohlrabi, onions, Brussels sprouts. These vegetables are cooked uncovered in a quantity of boiling, salted water—1½ tps. to the quart.

Broccoli is cooked uncovered in boiling, salted water that barely covers it.

Green corn is cooked covered in a quantity of boiling, salted water.

Drop vegetables gradually into rapidly boiling salted water so that the boiling point is maintained. Rapid boiling will help to retain their color. The use of soda is to be avoided. It will help retain the color of the vegetables, but it will destroy their vitamins.

Old vegetables will be improved by the addition of 1 to 3 tablespoons of sugar to the water in which they are cooked.

Cook vegetables as short a time as possible. As soon as they are barely tender, drain at once. If served with melted (drawn) butter, allow about 1 tbsp. of butter per cup of vegetables. If served with cream sauce, allow ½ to 1 cup of cream sauce to 2 cups of vegetables.

A steamer is a closed kettle with perforated tray and water container. Vegetables cooked by this method are delicious and their full flavor and food value are retained. A little more time must be allowed for vegetables that are steamed. The water in which vegetables have been cooked may be used in other dishes. (See Soups, Gravies, Gelatin Salads, etc.) Do not throw it away.



# VEGETABLES



**Table for Boiling Vegetables to Yield Four Servings When Cooked**

Vegetables	Measure of Water	Time to Cook
Artichokes	8 cups	25 to 60 minutes
Artichokes (Jerusalem)	6 cups	15 to 25 minutes
Asparagus	5 cups (Tips) (Butts)	5 to 10 minutes 20 to 25 minutes
Beans, green	4 cups	30 to 35 minutes
Beans, lima	6 cups	20 to 40 minutes
Beets, young	4 cups	40 to 60 minutes
Beets, old	4 cups	1 to 4 hours
Brussels sprouts	5 cups	9 to 10 minutes
Cabbage, green	8 cups	6 to 8 minutes
Cabbage, white	5 cups	8 to 9 minutes
Cabbage, red	4½ cups	20 to 25 minutes
Carrots, young	3 cups	20 to 25 minutes
Carrots, old	3 cups	30 to 40 minutes
Cauliflower	6½ cups	8 to 10 minutes
Corn (on cob)	to cover	8 to 10 minutes
Onions, white	9 cups	25 to 35 minutes
Onions, yellow	9 cups	20 to 25 minutes
Parsnips or oyster plant	3 cups	25 to 30 minutes
Peas, shelled	3 cups	20 to 30 minutes
Potatoes, Irish	4 cups	25 to 30 minutes
Potatoes, sweet	3 cups	15 to 25 minutes
Rutabagas (see Turnips)	9 cups	25 to 30 minutes
Spinach, old	5 cups	4 to 5 minutes
Squash	4 cups	20 minutes
Turnips, white	8 cups	20 to 25 minutes

*Rules for other vegetables will be found under their proper headings in the following recipes. When serving vegetables with melted butter, allow 1 tablespoon of butter to 1 cup of vegetables. When serving vegetables with cream sauce, allow approximately one-half as much sauce as there are vegetables. To butter crumbs, allow ⅓ cup of melted butter to 1 cup of crumbs. Corn flakes may be substituted for crumbs.*

## Artichokes

SOAK artichokes in cold water for 30 minutes. Cut off stems, tough bottom leaves and ¼ of top leaves. Plunge artichokes into boiling water to cover, to which salt, a sliced onion, two or more ribs celery, with leaves, and juice of half a lemon have been added. Boil uncovered for about 45 minutes, drain well and serve: Hot, with melted butter. Cold, with mayonnaise or Hollandaise sauce.

### Jerusalem Artichokes

WASH, pare or scrape Jerusalem artichokes. Drop whole or sliced into boiling, salted water. Cook uncovered until barely tender, 15 to 35 minutes. Drain. Reheat in melted butter with lemon juice and chopped parsley added, or in white sauce.

## Asparagus

WASH asparagus, dry, cut off hard part of stems. Skin lower ends of stalks with downward strokes of knife. Tie asparagus in bunches. Place upright in deep stew pan, lower ends in boiling salted water. Cook covered—the steam will cook tips (time for cooking about 15 minutes); or, place asparagus in small amount of boiling salted water, keeping tips out for first 10 minutes, immersing them for last 5. Drain asparagus well and serve with melted butter and bread crumbs, or with white or egg sauce. (See illustration.)

Asparagus is good chilled, served with French dressing or mayonnaise.

Asparagus tips may be dipped in one egg (diluted with 2 tablespoons water) then in seasoned bread crumbs and fried in deep fat.





# VEGETABLES

## Green Beans

STRING beans and shred lengthwise. Drop into small quantity of boiling salted water. Cook uncovered until tender but no longer (about 20 minutes). The addition of a piece of salt pork or onion gives beans a fine flavor. Drain beans and serve with melted butter, or in white sauce. Stock may be added to butter, or white sauce.

Vary beans by serving them:

1. In a little hot oil instead of butter.
2. By melting a little grated cheese in the oil, or butter or cream sauce.
3. By adding chopped onion, parsley, chives, celery or pepper to the butter.
4. In a well-seasoned tomato, cheese or onion sauce. (See illustration.)
5. By putting beans in sauce and serving them au gratin.



## Shell Beans (Lima, Kidney, etc.)

Cook in a little boiling water for 1 hour. Add salt and cook until tender. Let beans absorb all the water if possible, otherwise drain them.

Serve in rich cream or butter with chopped parsley. Can also be combined with tomato or other sauces, then put into baking dish, covered with thin slices of bacon and baked until bacon is crisp and brown. Other varieties of beans used as summer vegetables are also prepared in this manner.

## Green Lima or Butter Beans

COVER shelled beans with boiling water. Bring gently to the boiling point, then simmer until done. Pour off all but a very little water. Season beans and add butter.

## Baked Beans

- |                       |                       |
|-----------------------|-----------------------|
| 1½ cups dried beans   | 2 tbsps. or more dark |
| ¼ lb. salt pork diced | molasses              |
| ½ onion, minced       | 2 or 3 tbsps. catsup  |
| Salt, paprika         | 1 tbsp. dry mustard   |

COVER beans well with water and bring slowly to boiling point. Drain, cover with fresh water and simmer long and slowly, adding onion and salt pork. If beans are very hard, a pinch of soda may be added. When tender, drain and combine with remaining ingredients. Place in a greased baker, decorate with salt pork and bake, covered, in very slow oven for 6 hours. If they become dry, add a little well-seasoned stock. Uncover beans for last hour of cooking.

## Beets

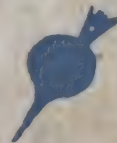
BEEF greens may be prepared like spinach. Beet roots are usually cooked in their jackets. Leave 1 inch of stem. Wash beets and drop into boiling salted water to cover. Cook covered. Beets require long cooking, from 1 to 4 hours. When necessary, add more boiling water to keep them from scorching. When tender, skin, cut into quarters, season with salt and pepper and pour melted butter over them.

To pickle beets, slice while hot and place in well-seasoned hot solution of equal parts vinegar and water. Add a bay leaf, a few cloves, salt and pepper. Chill and serve.

## Harvard Beets

- |                            |                                     |
|----------------------------|-------------------------------------|
| 3 cups cooked sliced beets | ½ tsp. salt                         |
| ½ cup sugar                | ½ cup mild vinegar or               |
| 1 tbsp. cornstarch         | 6 tbsps. vinegar and 4 tbsps. cream |

Cook and stir last 4 ingredients. When clear, add beets and place pan, covered, over hot water for ½ hour. Just before serving, heat beets again and add 2 tbsps. butter.



## Baked Beets

BEEFS may be baked like potatoes in their jackets. Place in moderate oven for about 1 hour. While baking, turn with a spoon. (Do not prick.) When done pull off skins and season beets with butter, salt and pepper.

Or, peel and slice raw beets. Place in layers in baking dish. Season. To about 20 small beets use ¼ cup sugar, ¾ tsp. salt, ¼ tsp. paprika or pepper. Dot with 3 tbsps. butter, sprinkle with onion and lemon juice. Add ⅓ cup water. Cover dish closely and bake beets in moderately hot oven for about 45 minutes or until tender. A double boiler may be used to steam beets instead of baking them.

## Sautéed Beets

RAW beets may be peeled, sliced and cooked in butter in frying pan. Cover. When tender, season with salt and pepper. Time, about 20 minutes.

## Brussels Sprouts

PULL outer leaves from sprouts, if wilted, and cut off stems. Soak sprouts for 12 minutes in cold water to which a little salt has been added. Drain and drop into rapidly boiling salted water and cook uncovered until barely tender. Drain and serve with melted butter, white or Hollandaise sauce.



# VEGETABLES



## Carrots

CARROTS may be boiled peeled, or unpeeled. They may be cut into slices, diced or, if small, may be served whole.

Wash and scrape carrots, or merely wash. Place in small quantity of boiling, salted water and cook covered until tender, permitting them to absorb water in which they are cooked. If necessary, add small quantity of boiling water. Skin, if they have been cooked in their jackets. Serve with melted butter (1 tbsp. to 1 cup carrots) or with white sauce ( $\frac{2}{3}$  cup to 2 cups carrots).

If preferred, carrots may be thickened with a little flour and soup stock.

They are good reheated in melted butter to which salt, paprika, minced onion and parsley and a little lemon juice are added.

Carrots are a fine addition to cooked green peas. Add parsley.

Carrots may be mashed and whipped up with butter and cream. If desired, put on a bread crumb top, dot it with butter or cheese and brown it.

Small carrots may be boiled whole, dipped in milk, then in seasoned flour and fried in deep fat. (See illustration.)



## Boiled Cabbage

THE old way of cooking cabbage is to cut it into sections and boil from  $\frac{1}{2}$  to 1 hour. The new way is to shred and barely cook it, allowing only 7 to 8 minutes boiling. Remove outer leaves from head of cabbage. Cut it into sections, remove tough core and shred or chop. Drop into a quantity of rapidly boiling salted water ( $1\frac{1}{2}$  tps. to the quart), cook and drain. Pour melted butter over it (about 1 tbsp. to 1 cup cabbage) and serve. Bread crumbs may be added to butter.

1. Cooked cabbage may be well drained and placed in white sauce, to which an egg yolk may be added. Bread crumbs, butter, cheese may be placed on top and browned.

2. Cabbage may be reheated in tomato sauce with chopped onions added.

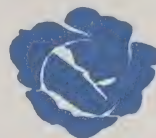
3. Cabbage may be cooked, drained and set aside until cold. Combine 2 beaten eggs, 1 tbsp. butter, salt, pepper and 3 tbsps. cream. Pour this over cabbage and bake in moderate oven until browned.

4. Shredded, cooked cabbage may be dipped in milk, then in seasoned flour and fried in deep fat.

*Shown in photograph are Stuffed Eggplant, page 36; Broiled Tomatoes, page 41; Asparagus with Egg Sauce, page 30; Scalloped Potatoes, page 39; Stuffed Peppers, page 37; Green Beans with Tomato Sauce, page 31; Fried Young Carrots, page 32.*

## Baked Cabbage

TRIM down and wash well a solid white head of cabbage; with sharp knife, cut off top cross-section, and hollow out head, leaving a thick shell; cut up heart that was removed and put in frying pan with a little cooking fat, a chopped or sliced onion, and some dry bread-crumbs that have been soaked in water and squeezed dry; cook until cabbage is barely tender, then turn into bowl. Add 2 eggs, cayenne and salt to taste; stuff mixture into cabbage shell and place top on; tie whole up in a clean cloth and boil. When tender, remove cloth, place cabbage in baking dish or pan, put butter on top, brown in oven. Ground meats may be added to mixture.



## Red Cabbage

3 slices of bacon (or 2 tbsps. other fat)

1 medium-sized red cabbage

$\frac{1}{4}$  tsp. salt, if bacon is used, or 1 tsp. salt if not

1 apple, thinly sliced

2 tbsps. flour

$\frac{1}{8}$  cup boiling water

$\frac{1}{4}$  cup vinegar

1 tsp. sugar

PULL outer leaves from cabbage. Cut into sections, remove hard core and shred cabbage. Cut bacon into small pieces, put into stew pan and fry out over low flame. When well melted, remove hard scraps of bacon and put in cabbage, which has been washed and is slightly moist. Cover and let simmer for 10 minutes, add salt, apple and a very little boiling water—just enough to keep cabbage from scorching; cover and let simmer about  $1\frac{1}{2}$  hours. Ten minutes before it is done, add flour dissolved in water and vinegar and sugar. Simmer for 10 minutes and serve.

## Cabbage Special

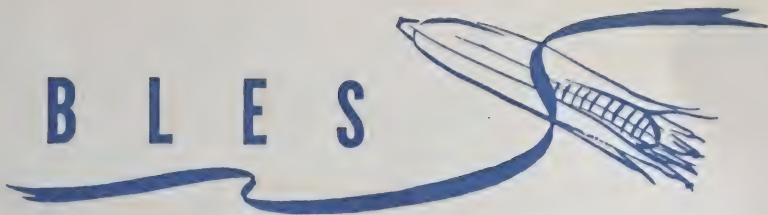
TURN cabbage-head stalk end down, and slice off upper end for a cover. Scoop out inside of cabbage until shell is half inch thick. Make small patties of one pound seasoned hamburger and pack closely in bottom of cabbage. Pare, wash and dice three potatoes, 3 stalks of celery, 1 onion and 1 carrot. Put vegetables together in cabbage and sprinkle with salt. When cabbage is full, replace cover. Tie firmly with string. Cover with water and boil about 1 hour and 15 minutes. Put on platter, remove strings and serve with butter. A large-sized cabbage will serve 6 persons.







# VEGETABLES



## Fried Apples

PARE, quarter and slice apples. Fry slowly in plenty of butter until brown, pour on a little water and cook slowly. Season with salt, add sugar to suit the taste.

## Asparagus with Cheese Sauce

PLACE fresh cooked asparagus (boiled or steamed) in baking pan. Pour cheese sauce over asparagus and bake in moderate oven about 20 minutes.

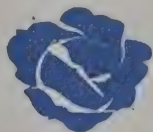
## Baked Bananas

PEEL large, firm bananas. Split the long way and place in greased baking dish or flat pan. Sprinkle with lemon juice and baste with melted butter. Bake in hot oven until brown.

## Broccoli Ring

2 lbs. broccoli	2 cups thick cream sauce
½ lb. American cheese	1 tsp. salt
3 eggs	Pepper

BOIL broccoli until tender and cut into small pieces. Cut cheese into cubes and add to cream sauce, then stir in beaten egg yolks. Add broccoli and then fold in beaten egg whites. Bake about 40 minutes in moderate oven in buttered ring set in pan of water. Turn out of ring and serve.



## Scalloped Cabbage

1 small cabbage	¾ cup grated cheese
1 pint white sauce	½ cup buttered crumbs

SHRED cabbage and boil 8 minutes. Place in baking dish with alternate layers of cheese. Add white sauce and cover top with crumbs sautéed in butter. Bake until crumbs are brown.

The same dish is excellent when onions are substituted for cabbage.

## Fried Cabbage

PREPARE exactly as for cabbage above; do not season, but let cool; put in frying pan with 2 tbsps. butter or drippings and fry until light brown, then add 2 tbsps. vinegar.

## Cabbage and Apple Casserole

1 small head green cabbage	3 cups diced apples
1 small head red cabbage	½ cup brown sugar
1 cup green pepper, minced	Juice of one lemon
	½ cup butter
	Salt, pepper and nutmeg

GRIND red and green cabbage separately. Season red cabbage with salt and pepper, place in greased casserole and dot with butter. Add sugar, lemon juice and nutmeg to apples and place on top of cabbage. Mix green cabbage with green pepper, season, place over apples, dot with butter. Cover with buttered bread crumbs and bake in moderate oven about 25 minutes.



## Corn à la King

2 cups cooked or canned corn	1 egg
1 green pepper, chopped	½ cup milk
1 chopped pimento	1 tsp. salt
	Paprika

MIX corn, peppers and milk in double boiler and add beaten egg and seasoning. Cook until thick, stirring occasionally. Serve on hot, buttered toast.

## Corn Fritters

1 can corn	1 tsp. salt
1 cup flour	¼ tsp. paprika
1 tsp. baking powder	2 eggs
	1 tsp. sugar

SIFT flour, baking powder, salt and sugar. Stir in can of corn. Add eggs beaten whole.

Drop tablespoon at a time into hot fat in deep frying pan and cook until golden brown.

Drain on paper and serve hot with butter and maple syrup.

## Carrots Sautéed with Sauerkraut Juice

1 lb. carrots	2 tbsps. sauerkraut juice
½ lb. butter	½ tsp. salt

CUT carrots into strips and sauté in butter until tender, about 15 minutes. Add sauerkraut juice, stirring constantly. Serve garnished with parsley.





# VEGETABLES

## Cauliflower

CUT off stem, remove leaves and soak cauliflower in cold water, head down, for 30 minutes. Cook head up and uncovered in a quantity of boiling salted water ( $1\frac{1}{2}$  tps. to the quart) until tender. Drain well.

1. Pour 3 tbsps. melted butter over it (2 tbsps. bread crumbs may be sautéed in butter), or use 1 cup boiling White Sauce, to which  $\frac{1}{8}$  tsp. nutmeg has been added.

2. Boil and drain cooked cauliflower. Season with salt, pepper and grated cheese. Pour a little melted butter over it. Bake in moderate oven for 5 minutes. Serve with or without tomato sauce.

3. Drain cooked cauliflower. When cold separate into flowerets. Place in baking dish with alternate layers of white sauce. Spread cracker crumbs on top. Dot with butter or sprinkle with cheese. Bake in moderate oven until top is brown.



## Stewed Celery

WASH celery, remove strings from outer ribs, and cut stalk into small pieces. Drop celery gradually into a small quantity of boiling, lightly salted water and cook covered until tender, allowing it to absorb water. Drain if all water is not absorbed. Serve with melted butter, or drop into boiling white sauce for 1 minute.

If there is celery water left, it may be used in making cream sauce (2 parts celery water and 1 part cream), or for soup.

Green peppers may be minced, boiled and added to celery.

Celery is good in white sauce (with or without peppers) with a bread-crumbs and butter or cheese top (au gratin). Brown top.

Celery may be braised; that is, cut into lengths and cooked slowly in a covered dish in meat or vegetable stock until tender. This may be done in oven or on top of stove. Serve hot with melted butter or cold with French dressing.

## Chard

FOLLOW rule for spinach.

## Celeriac

WASH, scrape or pare celeriac. Boil or steam it sliced or, if small, whole. Serve with white sauce or melted butter. This is very good cold with French dressing.

## Corn on the Cob

PREPARE ears by removing husks and silk. Boil a large quantity of salted water ( $1\frac{1}{2}$  tps. salt to a quart). Drop corn into this piece by piece, so as not to disturb boiling. Add 1 tbsp. or more of sugar. Cover kettle and boil corn until tender (about 8 minutes). Drain at once and serve with butter.

The ears may be broiled. Spread green ears of corn with melted butter. Broil them. Turn frequently and spread with more butter. Sprinkle with salt and serve at once.

## Corn Cut from the Cob

COOKED corn may be cut from cob and reheated with cream and butter, or green corn may be cut from cob, cooked in a very little salted water or its own juice until tender. Add cream or butter and seasoning.

## Succotash

COMBINE equal parts of cooked lima beans and cooked corn cut from cob. Add butter, seasoning, and a little rich milk. Cook until well heated.

## Dandelion Greens

SEE spinach. Serve greens with butter, lemon juice or vinegar. Fine with grapefruit.

## Eggplant

1. PARE eggplant and cut crosswise into slices  $\frac{1}{2}$  inch thick. Spread slices on both sides with soft butter and season with salt and paprika. Place on a baking sheet and bake in moderately quick oven until tender, turning once (approximate time 12 minutes). Serve eggplant very hot with lemon juice or French dressing.

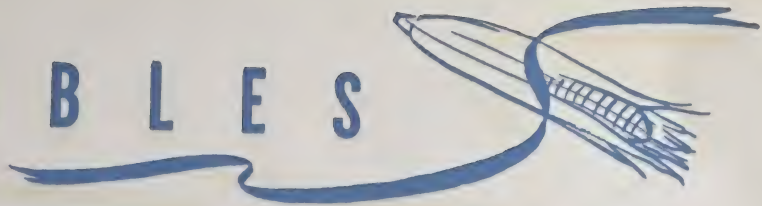
2. Pare and cut eggplant into slices. Dip in batter or egg, then in seasoned bread crumbs. Fry slices in deep fat.

3. Pare and cut eggplant into slices. Dip in seasoned flour, sauté slowly in butter or bacon drippings until brown.

4. *En Casserole*: Put slices of eggplant in baking dish, or casserole, alternate with slices of tomato, onion or garlic, strips of green pepper, etc., and season with salt, pepper and other seasoning desired; moisten with a few tablespoons butter or other cooking fat or oil; bake in moderate oven until tender.



# V E G E T A B L E S



## Cucumbers

SLICE cucumbers into lengthwise strips. Remove seeds. Drop strips into boiling salted water and cook until barely tender. Drain well. Serve in melted butter, or in a little white sauce made with sour cream.

Cucumbers may be peeled and cut into boats. Stuff them with buttered crumbs (cheese may be added), with cooked vegetables or left-over meat chopped and well seasoned. Place in a buttered pan, or add a little stock to pan, and reheat in a quick oven.

Raw cucumber strips may be dipped in egg and bread crumbs and fried in deep fat, or may be dipped in seasoned flour and sautéed in a pan in butter or drippings.



## Stuffed Eggplant

HOLLOW out eggplant. Leave shell  $\frac{3}{4}$  inch thick. Fill with a good hash or vegetable mixture, to which add an egg, some minced onion, bread crumbs, butter and seasoning. Cover top with bread crumbs (butter or cheese may be added). Place eggplant in pan with a little water. Bake in moderate oven until well heated.

The eggplant taken from shell may be boiled in a little salted water, drained, chopped or mashed and added to the filling, or it may be mixed with egg, bread crumbs, cream and butter and used as a filling. Cheese is good added to this. Tomatoes combine well with eggplant. So does bacon. (See illustration.)

## Scalloped Eggplant

PEEL and dice eggplant. Boil until tender in a little salted water. Drain, place in layers in a greased baking dish with about  $\frac{3}{4}$  cup seasoned crackers or bread crumbs between layers. (Onions, sautéed in a little butter, chopped parsley, celery or tomatoes may be added.)

Pour  $\frac{1}{2}$  cup cream or milk over ingredients. Make top layer of crumbs and dot with butter or sprinkle with cheese or chopped bacon. Bake dish in moderate oven for about 20 minutes.

Or beat up boiled eggplant. Combine with  $\frac{1}{2}$  cup cream or 2 eggs. Add onion, bacon and seasoning. Put crumbs on top. Bake as directed.

## Kohlrabi

WASH, cut off tops, pare and slice roots. Drop into a quantity of rapidly boiling, salted water and cook until barely tender. Drain well. Boil tops separately in same manner. Drain well, chop until very fine and combine with roots. Prepare a sauce with the following ingredients: 2 tbsps. butter, 2 tbsps. flour, 1 cup stock or kohlrabi water.

Cook this for 1 minute, add kohlrabi and serve.

## Dried Lentils, Peas or Beans

SOAK 2 cups of lentils, peas or beans in cold water for several hours. Put on fire in 4 cups fresh, cold water, to which a few sprigs of parsley or ribs of celery may be added. Bring slowly to boiling point and simmer for several hours until soft. Add boiling water if needed. A piece of fat corned beef, some smoked sausage, salt pork or a ham bone, or an onion, may be cooked with lentils. Drain lentils.

Make 2 cups brown sauce, using butter, flour, a cup of water from lentils, and a beef cube (or a cup of stock). Add lentils and simmer 5 minutes longer. Tomato sauce may be substituted for brown sauce. Lentils are good served with onions smothered in butter.

## Mushrooms

TO PREPARE mushrooms, brush or wipe with a cloth and separate caps from stems. When young and fresh, do not skin. When old, pull off cap skins with fingers or knife and pare stems. To mince, break caps into pieces and slice stems with knife. If stems are tough, use for stock and save all skins and parings for this purpose.

## Sautéed Mushrooms

1 cup mushrooms  
2 tbsps. butter

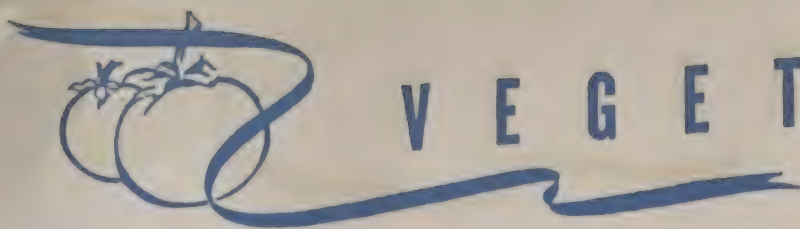
Salt, paprika

PREPARE mushrooms. Melt butter in skillet over quick fire. (Skillet may be rubbed with clove of garlic.) When hot, add mushrooms and cook quickly, shaking skillet until they are coated with butter. A few minutes cooking will suffice. Season and serve on toast or mold of rice.

To cream mushrooms, sprinkle when sautéed with 1 tbsp. flour. Add, stirring constantly,  $\frac{1}{2}$  cup rich milk. Cook until milk thickens.

If mushrooms are to be boiled, do this in the least possible water, milk or stock. Mushroom caps may be sautéed whole and used for garnishing dishes.





# VEGETABLES

## Okra

SELECT 2 dozen medium-sized, sound okras; wash well in cold water, drain thoroughly and pare both ends, put into saucepan of boiling salted water and cook for 15 minutes, lift out with skimmer, and drain on cloth or soft paper. They are then ready to be used in soups, salads, for frying, etc.

**Creole Sauté:** Prepare okras as above; into frying pan put 2 tbsps. butter, 1 medium minced onion and 1 medium minced green pepper; place over fire and sauté 6 minutes until a golden color, then add 2 raw peeled tomatoes finely cut in bits, and 3 tbsps. chili sauce. Season with salt, pepper, and a little garlic; add okras, cover, and cook slowly for 15 minutes; turn into hot deep dish, and sprinkle top with a little chopped parsley.

## Onions



COOK onions skinned, sliced or whole, uncovered, in a quantity of boiling salted water. Drain well.

Serve with melted butter and bread crumbs, or drop into boiling white sauce, or place in an oven-proof dish, sprinkle top with bread crumbs dotted with butter or cheese. Brown top in oven.

## Young Green Onions

GREEN onions are best cooked in a very small quantity of boiling, salted water. Boil covered until barely tender. Drain and pour melted butter over them. Serve in rows on thin toast, or cut into small pieces and serve with other vegetables.

## Scalloped Onions

PLACE well-drained, boiled onions in layers in baking dish. Sprinkle each layer with soft bread crumbs, grated cheese, salt and paprika. Pour over them hot bacon drippings. Bake in moderate oven until top is brown.

## Baked Onions

12 onions  
1 tsp. salt  
1/8 tsp. paprika  
2 tps. brown sugar

2 tbsps. butter  
Parsley  
Toast

PEEL onions and cut in crosswise halves. Season and dot with butter. Place in buttered baking dish in slow oven until done (about 1 hour). Serve on thin buttered toast with parsley dipped in lemon juice.

## Spanish Onions Roasted

PEEL Spanish onions and cut in three crosswise slices. Place in pan, season with salt and pepper and dot generously with butter. Add boiling soup stock 1/4 inch deep. Bake in moderate oven, basting frequently until they have absorbed stock and are tender and brown. Add boiling stock as needed.

## Irish Onions

SKIN large onions, cut crosswise in slices. Separate rings. Dip in batter. Fry in deep fat.

Or, cut young green onions into long strips. Dip in egg and seasoned bread crumbs. Fry in deep fat.

## Oyster Plant

OYSTER PLANT (Salsify) should be washed, scraped and plunged quickly into cold water containing a little vinegar to prevent discoloration. Cut into 2-inch pieces and boil in plenty of water; add a little salt and vinegar, and about 2 tbsps. flour mixed to a paste with water. After 40 minutes, or as soon as they will bend under light pressure, lift out, drain well, and serve with white sauce.

1. Prepare and cook oyster plant. Drain. Season with salt, pepper and vinegar. Dip in fritter batter. Fry in deep fat for 5 minutes. Keep pieces separated with spoon. Lift out, drain on absorbent paper. Serve at once.

2. Mashed oyster plant; beat it and season like mashed potatoes. Put bread crumbs and butter on top and brown.

## Peppers



1. CUT off stem ends. Take out seeds and veins. Cut peppers into strips. For every cup of peppers melt 1 tbsp. butter. Rinse peppers and place while moist in butter. Cover with large moist lettuce leaves and cover pan closely. Simmer peppers until tender. Season with salt and pepper.

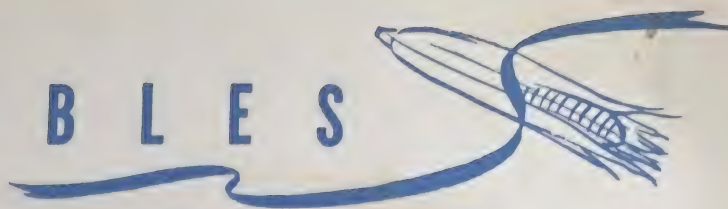
Or: boil peppers in a little boiling salted water until done. Drain and serve in melted butter. Peppers combine well with stewed celery, carrots, etc.

2. **Whole Peppers:** Cut off stem ends, remove veins and seeds. Drop peppers into rapidly boiling salted water and cook uncovered until nearly tender. Drain. Fill with any good filling (see Tomatoes). Sprinkle top with buttered crumbs. Place in a pan with a little water and heat in moderate oven for about 10 minutes. (See illustration.)

Filled peppers are good served with cheese or tomato sauce.



# VEGETABLES



## Parsnips

WASH, scrape and split parsnips in half, put into boiling salted water and boil until tender (2 to 3 hours, according to size). Dry on cloth and serve with melted butter and seasoning to taste, or mashed like potatoes; or with white sauce. They may also be prepared as above, parboiled, or steamed 1 hour and baked with or without meat.

1. Prepare parsnips for cooking and slice about 1 inch thick; put in stewpan with enough boiling salted water to cover; add a little butter, salt and pepper to season; cover closely and stew until soft, carefully watching to prevent burning and replenishing water boiled away.

2. Boil parsnips until tender, scrape and slice lengthwise; put in a pan with 2 tbsps. butter, season with salt, pepper and finely chopped parsley; shake pan until mixture boils; lift out parsnips and keep warm. Stir 1 tsp. flour into 3 tbsps. milk or cream, add this to sauce in pan and let boil up while stirring; pour over parsnips.

3. **Fritters:** Boil parsnips as above, season, and mash like potatoes; work in a beaten egg and enough flour to form a soft dough; drop spoonfuls into hot bacon drippings, and fry to a delicate brown on both sides.



## Peas

SHELL green peas and put into just enough boiling water to cover; boil 20 to 30 minutes (depending upon age) until tender, allowing water to boil away until just enough remains to keep peas from burning; then season with salt—not before, as salt will toughen them. Add butter sufficiently to enrich reduced liquor; serve hot.

A little mint may be added to the boiling water and removed before serving, or a little chopped parsley or onion may be added to the butter.

Peas may be covered while cooking with a large moist lettuce leaf, or cooked with a few tiny onions or sliced green onions. They may also be served in white sauce made with pea liquor and cream.

## Baked Potatoes

PREPARE potatoes with or without jackets. Place in a moderately hot oven. Turn and keep slightly separated while baking. Time—about 1 hour.

## POTATOES

### Boiled Potatoes

PARE and soak potatoes in cold water for  $\frac{1}{2}$  hour in autumn and from 1 to 2 hours in winter and spring. Drain and cook uncovered in boiling salted water to cover until they are soft (about 25 minutes). Allow 1 tsp. salt to 6 or 7 potatoes. When done, drain well and partially cover (permitting the steam to escape) until ready to serve, or place the potatoes in light saucepan and shake gently over a good fire for a minute or two. This will dry and make them mealy. Avoid putting in covered dish if you wish to keep potatoes dry.



### Steamed Potatoes

POTATOES may be placed in pan over boiling water or hung in wire basket in kettle containing boiling water from 20 to 40 minutes (until soft and well cooked). Season.

### New Potatoes

PLACE new potatoes in their jackets in boiling water to cover (or soak for 30 minutes in cold water, scrape and drop in boiling water). Cook uncovered until tender, remove skins and place potatoes in skillet with 2 or more tbsps. of melted butter and shake gently over low flame until well coated. Serve sprinkled with chopped parsley.

### Mashed Potatoes

6 potatoes (medium-sized)  
3 tbsps. butter

1 tsp. salt  
 $\frac{1}{3}$  cup hot milk or cream

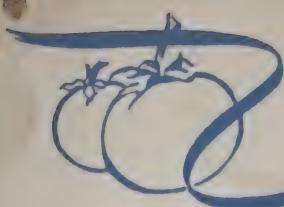
FOLLOW rule for boiled potatoes. Mash with fork, or put through ricer. Add remaining ingredients and beat with fork until creamy. They may be covered with buttered crumbs or milk and grated cheese and browned.

### Puffed Potatoes

BEAT well 3 cups mashed potatoes, 1 cup rich milk, 2 beaten egg yolks, 3 tbsps. butter, salt and pepper. Fold in 3 stiffly beaten egg whites. Make a mound of potatoes on an oven-proof dish. Dot top with butter, to which grated cheese may be added.

Bake in moderate oven until puffed and brown.





# VEGETABLES

## Browned Potatoes

PREPARE boiled potatoes, cooking for 15 minutes only. Drain well. Melt 2 tbsps. of butter. Cook and turn potatoes in it until light brown. Season with salt and bake in hot oven until crisp and brown. Add more butter if needed. Turn potatoes to brown evenly.

## Scalloped Potatoes

PUT layers of thinly sliced raw potatoes in baking dish. Dredge each layer with flour and dot with butter. Season hot milk and pour over potatoes until it can be seen through top layer. Bake potatoes in moderate oven about 1 hour. Potatoes may be turned while cooking to insure even baking.

Or: Place sliced potatoes in layers in a baking dish. Cover layers with thick white sauce well seasoned, to which add minced green pepper and pimiento. The potatoes may be parboiled. Bake them in a moderate oven for 1 hour or more. (See illustration.)

## Fried Potatoes

PEEL raw potatoes. Wash in cold water. Slice crosswise into thin slices. Drain on cloth. Heat in frying pan 2 or more tbsps. drippings or butter and lard combined. Add potatoes. When hot, season with salt and pepper. Cover pan closely. Let potatoes steam until partly done, then remove lid and permit to brown. Move gently so that they may color evenly.

Cold boiled potatoes may be cooked the same way. Peeled raw potatoes may be cut into strips, seasoned and fried in deep fat.

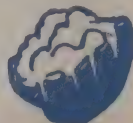
## Potato Chips

PREPARE potatoes as for frying. Slice across to wafer thinness. Dry. Drop into deep hot fat. Fry until crisp, stirring about while frying. Drain and salt. Keep in a warm place until served.

## Stuffed Potatoes

CUT rather large baked potatoes in half lengthwise without breaking skins; scoop out inside and mash; season with salt, pepper, butter and a little chopped parsley. Refill potato skins, moisten tops with a few drops of milk or dot with butter. Sprinkle with paprika and brown in oven.

See Puffed Potatoes. This mixture may be used in potato shells.



## Uses for Cold Boiled Potatoes

1. Serve diced in white sauce with crumbs and butter or cheese on top. Brown top.
2. Dice 6 large potatoes and add chopped green pepper, onion, and 1 cup thin white sauce to which add  $\frac{3}{4}$  cup grated cheese. Bread crumbs and butter go on top. Bake in moderate oven for about 15 minutes or until top is brown.
3. Dice 6 large potatoes and turn in a skillet in which 4 tbsps. salt pork, bacon or other grease has been heated. Press potatoes flat with knife. Cook until browned underneath, then loosen and turn upside down. Brown the second side and serve.
4. Shape cold mashed potatoes into cakes. Roll in flour. Brown in melted butter or bacon grease. Chopped parsley or celery may be added to potatoes.

## Sweet Potatoes

SWEET potatoes or Southern yams may be boiled, steamed or baked like white potatoes, and are generally cooked in this way with the jackets on. Cold cooked sweet potatoes may be sliced, or split and fried the same as white potatoes. They may also be parboiled, peeled and baked in the oven until done. During baking they may be turned and basted with drippings.



## Glazed or Candied Sweet Potatoes

WASH 6 medium-sized sweet potatoes. Put in boiling salted water and cook for 10 minutes. Drain and scrape. Cut lengthwise into halves. Place in well-buttered pan. Make syrup of  $\frac{1}{2}$  cup sugar and  $\frac{1}{4}$  cup water. Boil for 3 minutes, then add 1 tbsp. butter. Brush potatoes with syrup. Bake in a moderate oven about 25 minutes, basting twice with remaining syrup.

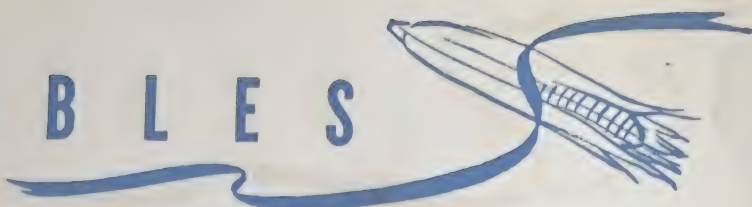
Baked sweet potatoes can be halved and hollowed, the pulp treated with butter or cream and seasoning like mashed potatoes, and returned to the shell. They can then be topped with marshmallows or sprinkled with cheese and returned to oven to brown.

See Puffed Potatoes. Substitute sweet potatoes for white potatoes. This mixture may also be used in potato shells.

When using sweet potatoes, stir in  $\frac{1}{2}$  to  $\frac{3}{4}$  cup drained crushed pineapple before adding the beaten egg whites.



# VEGETABLES



## Sweet Potato Balls

ROLL mashed sweet potato around a marshmallow to form a small ball. Dip balls in 1 egg diluted with 2 tbsps. water, then in seasoned bread crumbs. Fry balls in deep fat, or bake.

## Sweet Potatoes and Apples

2 cups apples                      ¼ tsp. salt  
1½ cups sweet potatoes        Apple water  
½ cup brown sugar

BOIL apples and sweet potatoes separately until nearly tender. Drain, combine and mash. Add remaining ingredients, using just enough apple water (about ½ cup) to soften and hold them together.



## Pumpkins

1. Remove seeds and rind from a rich colored pumpkin. Cut pumpkin into small pieces. Place in pot with very little water, let simmer on top of range until tender.

Then remove from directly over fire-box, and let simmer for half a day until excess moisture is driven off and pumpkin is reduced to a deep red color; cool and press through a colander.

2. Cut pumpkin in fair-sized pieces without removing rind; put these in baking pans and set in slow oven. Bake until soft; take out, cool a little, and scrape all the baked pulp from shells. Run pulp through a colander.

If desired, combine pumpkin with drained crushed pineapple or apple sauce.

## Spinach

WASH spinach in several waters (until free from sand and insects). If fresh, place moist spinach in kettle without water. Cover closely and cook 6 minutes. If old, place it in ½ to 1 cup of boiling water, cover closely and boil until tender. Drain. Put through colander or chop until fine. Season with salt, pepper and butter. Serve garnished with slices of hard-cooked egg.

1. Cream the chopped spinach by adding 3 tbsps. butter, 2½ tbsps. flour and 1 cup rich milk, cream or stock to 1½ cups spinach. Season with salt, paprika, nutmeg or minced onion. Stir and cook for 1 to 2 minutes.

2. Place chopped spinach in an equal amount of tomato sauce. Cook and stir until blended.

3. Buttered spinach is good served with canned or peeled grapefruit.

## Summer Squash

TO BE good, squash must be young and tender. Wash, peel and cut into small pieces. Cook in a small amount of boiling, salted water (about 20 minutes), or steam until tender. Drain well, mash with fork, add cream, butter and pepper and beat until fluffy. Minced onion may be added.

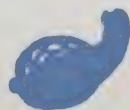
It may be heated up with cream and eggs, and baked with bacon strips (or sausages) on top in moderate oven until bacon is done.

Young summer squash may be sliced, dipped in egg or fritter batter and fried in deep fat, or sautéed.

## Baked Hubbard Squash

CUT squash into pieces, remove seeds and strings. Place pieces in dripping pan in moderate oven for 1 hour. Cover generously with butter and sprinkle with brown sugar. Cook for 1 hour longer, basting frequently, adding butter, if necessary.

Cooked squash may be scalloped with drained, crushed pineapple, dotted with butter and covered with bread crumbs. Bake until top is brown.



## Acorn Squash

CUT into halves, take out seeds. Boil in salted water, or spread inside and out with butter, season and bake until tender in moderate oven. It is then ready to be served, or it may be filled with creamed food (ham, fish, spinach, etc.) or hash.

## Tomatoes

**To peel:** Dip ripe tomatoes in boiling hot water for 3 minutes; and thin outer skin can then be peeled or stripped off with ease.

**Stewed:** Remove skins, slice tomatoes into stewpan. Place over fire and let stew in their own juice about 20 minutes; add a little butter, season with salt and pepper, and continue stewing for another 15 minutes. They may be thickened with soft bread crumbs, or sweetened with a little sugar. A chopped onion may be added, or the tomatoes may be mixed with green corn or other vegetables.

**Baked:** Wash ripe tomatoes, take slice off stem end; cut out core and remove soft seed-pulp; stuff with buttered bread crumbs, seasoned with salt and pepper; sprinkle more crumbs on top with a little butter on each, and bake in hot oven about 20 minutes.





# VEGETABLES

## Tomatoes (cont.)

**Scalloped:** Drain stewed tomatoes; cover bottom of greased baking dish with some of pulp, adding a little butter dotted over them; season with a sprinkle of salt, pepper and brown sugar and a generous layer of bread crumbs; repeat until dish is nearly filled; moisten with tomato juice; cover with another layer of crumbs, lightly buttered; bake in moderate oven 20 minutes.

**Grilled:** Wipe ripe tomatoes with damp cloth and brush each with melted cooking fat; place on a grill-pan before a clear fire and cook 8 to 10 minutes.

**Fried Green:** Slice solid green tomatoes; season and dip in egg or in fritter batter. Fry in deep fat or sauté in drippings in a frying pan.

**Broiled:** Slice tomatoes into thick crosswise slices. Season with salt, paprika and brown sugar. Place in a pan, sprinkle with bread crumbs, chopped onion and grated cheese (or dot with butter). Broil in moderate hot oven or bake in moderate oven until done. (See illustration.)

**Stuffed:** Cut hollows into firm unpeeled tomatoes. Salt and invert to drain. Fill hollows with cooked food, cover tops with bread crumbs, dot with butter or sprinkle with cheese. Place tomatoes in pan with very little water. Bake in moderate oven about 15 minutes. Tomatoes, peppers, cucumbers, acorn squash, turnips, onions, etc., make good cases for hot food. Rules for preparing these vegetables will be found elsewhere. Much the same stuffing or filling may be used for all of them and they are all good served with sauce (cheese, onion, etc.).

Left-over food (hash, fish, vegetables) may be combined in some palatable way and used as filling. Thicken it with bread crumbs or egg. Use stuffed olives, mashed potatoes, creamed ham or fish, shrimp, crabmeat, onions, rice, mushrooms, corn, peas, baked beans, macaroni, etc.

## Truffles

**SELECT** fine truffles. Wash through several waters, using soft brush to remove every particle of sand. Wrap each truffle in buttered paper, and bake in hot oven 15 minutes; remove paper, wipe truffles, and serve on hot plate.

Or: Prepare in the same manner as mushrooms, as an accompaniment to meat, poultry, game or fish.

## Turnips

1. Pare small white turnips of equal size; parboil 5 minutes and drain; butter bottom of deep frying pan; arrange turnips upright and slightly separated, sprinkle with 1 cup powdered sugar for each dozen turnips, sauté to a light golden color; moisten with 1 tbsp. butter in 1 cup hot water, and add a little salt and a small piece of stick cinnamon; cut a piece of well-buttered paper to fit pan, and place it over top to cover turnips. Bake in moderate oven about 20 minutes; when cooked, lift off paper, place turnips on hot dish and reduce gravy to a glaze for six minutes, then add  $\frac{1}{4}$  cup boiling water to loosen the hardened glaze from pan. Remove cinnamon and pour glaze over turnips.

2. Mash turnips like potatoes, adding cream, butter and seasoning.

3. Mashed turnips seasoned with butter, salt and paprika may be combined with about one half as much mashed cooked apples.

4. Place in a buttered baking dish alternate layers of sliced turnips and onions. Dot with butter, season with salt and pepper. Bake closely covered in moderately hot oven for about 30 minutes.

5. Boiled whole turnips may be hollowed. The shells may be filled with the chopped pulp and apple sauce or creamed spinach, green peas, baked beans, etc. Place filled turnips in pan in very little water and bake in moderate oven to reheat.

6. Prepare turnips like parsnips.



## Chestnuts— How to Prepare Them

**MAKE** two cross cut gashes on flat side of each chestnut with a sharp pointed knife. Sometimes the shell will come off while doing this, but the inner skin will protect the kernel. Place nuts in pan over quick fire, dropping oil or butter over them—1 tsp. to 1 lb. nuts. Shake until coated, then place in moderate oven until skins can be easily removed.

Or: Place chestnuts in cold water to cover. Bring slowly to boiling point. Simmer 5 minutes. Drain, cool and remove outer and inner shells. They are then ready to be stewed in stock until tender, or to be baked in stock. Keep covered while cooking. They may be served in butter or white sauce. Chestnuts combine well with other vegetables, Brussels sprouts, cabbage, spinach, etc., and are good in dressings and desserts.



# F I S H



## Fresh Fish

**Fried:** Scale, clean out, wash and wipe dry; season with salt and pepper and roll in corn-meal; fry in deep fat or at least enough to cover well; guard against over-cooking or burning.

1. Dry, dip in milk, roll in flour and cracker crumbs; fry.

2. Dry, dip in beaten egg, roll in bread crumbs; fry.

Cook small fish whole; if large, such as halibut or channel cat, cut cross-section into steaks; or, if flat, cut in small sections or slice off boneless fillets. Serve plain or with tartar sauce.

**Broiled:** Prepare fish steaks, dry, season with salt and pepper, and roll in salad or cooking oil. Place on broiler, opened and flattened out, and broil about 10 minutes on split side and 1 minute on skin side; or, if not split, 8 to 10 minutes on each side, according to thickness. Serve hot with butter sauce.

**Boiled:** Rule for stock or water in which fish is cooked: Sauté vegetables—onions, carrots, celery, parsley—in a few tablespoons butter. Cover them with water (enough to cover fish). Add salt, peppercorns, white wine, vinegar or lemon juice. Bring water to boiling point. Add fish. Simmer over slow heat. Do not permit stock to boil at any time. Fish is done when it can be easily separated from bone. Do not over-cook. Allow about 12 minutes to pound. Drain at once. Thicken stock for sauce. Remove from fire. One or two eggs may be beaten in. Stir over very low heat until eggs thicken slightly.

**Planked:** Prepare fish as for broiling. Heat smooth plank, brush with melted butter or drippings. Dust with salt and pepper. Place fish, skin down, on plank. Double thin part to prevent burning. Sprinkle with corn flakes and dot with butter. Have oven moderately hot. Put in plank. Reduce heat to moderate after first 10 minutes. Allow 15 minutes to the pound. Garnish with mashed potato rosettes, parsley and lemon slices.

**Baked:** 1. Dip in seasoned milk. Bake in moderate oven. Allow 8 to 15 minutes to the pound.

2. Stuff fish with poultry dressing. Sew up, season, rub with butter and flour. It may be sprinkled with grated cheese or topped with strips of bacon. Place in pan with a little water and butter. Bake in moderate oven, basting frequently. Allow 15 minutes to the pound. Thicken stock for gravy.

## Salt Fish

### To prepare for cooking:

Soak salt fish in cold water at least 12 hours, changing water as often as possible. Spread fish open in large pan, skin side up, thus preventing salt from penetrating further into flesh. Finally rinse in fresh water, and put on range in kettle of cold water. Bring almost to boiling point, but do not let boil. Remove, drain well. It is then ready for cooking like fresh fish.

**Cod-Fish Cakes:** Prepare about 3 pounds salt cod for cooking as above. After draining, pick out bones and add about 5 medium, well-washed, thinly sliced potatoes and  $\frac{1}{2}$  cup cold water. Cook over moderate heat about 20 minutes, then add 1 tbsp. butter. Remove from fire. Season with a little white pepper. With a potato masher, mash all together in pan. Transfer to dish and cool; make into cakes, or balls, dust with a little flour, and drop into hot deep frying fat. Fry until brown, lift out gently with skimmer, garnish with parsley.

**Finnan Haddie:** Select large finnan haddie and prepare for cooking as above. After draining, sprinkle over with salt and pepper and place in large baking pan. Pour over 2 cups milk and dot top well with butter. Place in moderate oven until butter is melted and milk hot. Serve on hot platter with milk poured over it.

**Salt Mackerel:** Prepare for cooking as above, then broil same as fresh fish, seasoning well with pepper and butter. Serve with lemon.



## Clams

### To steam clams:

Scrub 4 quarts clams well with brush. When clean, place in kettle with  $\frac{1}{2}$  cup water. Cover kettle closely. Steam clams until partly open. Reserve liquor. Serve clams with melted butter. Serve liquor in glasses.

Clams may be roasted over hot fire or baked in oven. Add clam juice, melted butter and seasoning to the clams and serve.

**To scallop clams:** Steam; follow the rule for oysters.

**To fry clams:** Steam; follow the rule for oysters.

**To make force meat:** Steam clams. Chop or put meat through grinder. Add minced onion to butter. Make 1 cup heavy well-seasoned white sauce with cream and stock or clam juice. Add clams, minced parsley, sautéed mushrooms (optional), and stir and cook until hot.





# FISH

## Cooked Fish or Fish Flakes

1. Flake cooked fish and place in boiling white sauce. Curry powder, mustard, catsup, etc., may be added to sauce. Use equal parts of fish and sauce. The top may be covered with grated cheese or buttered crumbs and browned in moderate oven. Pickles, relish and cooked vegetables may be added to fish.

2. Steam the fish flakes in double boiler. Moisten with melted butter or cream, then put crumbs, butter and cheese on top and brown in moderate oven.

## Frog Legs

**Fried:** Clean and skin frog legs. Season with salt and pepper. Dip in sifted bread crumbs, then in egg (dilute each egg with 2 tbsps. cold water) and again in crumbs. Let dry 1 hour. Fry in deep fat (375° F.) to golden brown. Drain on absorbent paper. Serve with tartar sauce. (See Salad Dressings.)

**Smothered:** Clean and skin frog legs. Roll in seasoned flour. For each 4 legs, melt  $\frac{1}{4}$  cup butter or bacon drippings in skillet, which has been rubbed with  $\frac{1}{2}$  clove garlic. Or sauté  $\frac{1}{4}$  cup chopped onions in fat. Brown frog legs, reduce heat, add  $\frac{1}{2}$  cup boiling stock, cover and cook until tender (about 10 minutes). Serve with cream sauce made with drippings and flavored with sherry.

## Lobster

PLUNGE live lobster in boiling, well-salted water. Celery, a bay leaf and pepper corns or red pepper may be added to water. Boil gently from 20 to 30 minutes, according to size. Drain, cool.

1. Remove claws. Crack shells to remove meat. Separate tail from body. Draw out tail and body meat. Discard intestinal vein and green parts. Pick all meat from shell. Or,

2. Split lobster, remove meat and crack claws. This method is for serving lobster in the shell, the meat to be prepared and replaced.

**To broil:** Split and clean lobster. Glaze with olive oil, broil under hot flame 8 minutes on flesh side, turn and broil 6 minutes on shell side. Season with salt and cayenne and dot generously with butter.

**To bake:** Split and clean lobster. Place in spider in hot oven. Baste with butter; season when done with salt and cayenne.

## Baked Stuffed Lobster

SPLIT and clean lobster and chop meat. Make sauce with  $\frac{3}{4}$  tbsp. butter,  $\frac{3}{4}$  tbsp. flour,  $\frac{1}{2}$  cup chicken stock,  $1\frac{1}{4}$  tsp. mustard, 1 tsp. minced onion, and salt and pepper. Cook lobster meat in 2 tbsps. butter until hot.

Add boiling sauce and simmer 2 minutes. Remove from fire. Combine and beat 1 tbsp. cream and 2 egg yolks. Add to lobster. Fill shells. Cover tops with buttered crumbs. Heat in moderate oven or broil until brown. 2 tbsps. sherry may be added before serving. Grated cheese may be used on top.

## Creamed Seafood

1 can crabmeat (6 ozs.)	4 tbsps. bread crumbs
$\frac{3}{4}$ cup rich white sauce	Butter, or grated cheese
$\frac{1}{2}$ tsp. prepared mustard	1 tbsp. chopped parsley

PLACE flaked crabmeat in boiling white sauce to which mustard has been added. Remove crab from fire and put in baking dish or individual dishes. Cover top with bread crumbs and dot with butter. Brown crumbs under broiler, or bake crabmeat, set in pan of hot water in a moderate oven until crumbs are brown.

## Deviled Seafood

1 can crabmeat (6 ozs.)	1 tsp. Worcestershire
2 hard-cooked eggs, sliced	sauce, or 1 tbsp. sherry
1 cup rich white sauce	Seasoning

FOLLOW rule for Creamed Seafood.

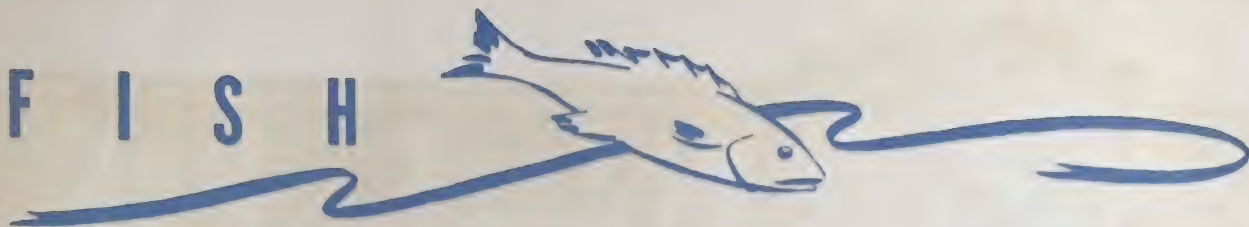
## Boiled Shrimp

8 cups water	Vegetables suitable for
1 sliced onion or 1 clove garlic	soup (celery, parsley, etc.)
1 bay leaf	Few grains cayenne
$1\frac{1}{2}$ tbsps. salt	

SIMMER above ingredients for 20 minutes. Add 2 lbs. washed shrimp and simmer for 15 minutes. Let cool in water. When cold, shell. They are then ready to be eaten in salad or to be used in other ways.

Shrimp may be soaked in salted milk, rolled in cornmeal and fried in deep fat. They are good in white sauce to which Worcestershire sauce, mustard, curry or sherry may be added.





## Shrimp Wiggle

4 tbsps. butter  
2 tbsps. flour  
1 1/4 cups milk  
1 cup shrimp  
1 cup peas, drained

Salt, paprika, celery salt  
1 egg yolk  
1 tsp. lemon juice or cooking sherry

MAKE sauce of first three ingredients. When boiling, add shrimp and peas. Add egg yolk, cook for 1 minute over low flame and then add lemon juice or sherry. Serve Wiggle on rounds of buttered toast or in hot patty shells. To reheat it, place over hot fire.

## Shrimp Creole

2 lbs. boiled shrimp  
1 can tomatoes  
1 large white onion  
2 green peppers  
Salt, pepper, bay leaf

PLACE in buttered casserole with tomatoes, chopped onion and green peppers, and bake about 1/2 hour in moderate oven.

## Lobster, Crab or Shrimp Newburg

4 tbsps. butter  
2 cups lobster meat, diced  
Salt  
Paprika

Nutmeg  
3 egg yolks  
1 cup cream  
1/4 cup cooking sherry

MELT butter in double boiler, add lobster and cook 3 minutes, stirring constantly. Add seasoning and cook 1 minute longer. Beat egg with cream, add to lobster. Cook for 2 minutes, add sherry and serve at once on hot buttered toast.

## Finnan Haddie Rarebit

2 tbsps. onion, minced  
1/2 cup fat  
4 tbsps. flour  
Salt and pepper to taste  
1/4 tsp. mustard  
2 cups milk

1 cup grated American cheese  
12 slices white bread  
1 8-oz. can finnan haddie, flaked

SAUTÉ onions until tender but not brown, in 3 tbsps. fat. Add flour and seasonings. Blend. Add milk and cook mixture over low flame until it boils. Cook 2 minutes more. Remove from stove and fold in cheese. Allow cheese to melt. Toast bread (in oven broiler) until a golden brown. Remove one half of the slices from the oven. Finish toasting remaining slices.

Spread untoasted side generously with butter and cover with a layer of flaked finnan haddie. Return slices with fish to the oven and heat through. Remove from oven, cover with cheese sauce and garnish with paprika and toast points.

## Oysters

**Fried:** Wash and drain fresh oysters; season with salt and pepper, roll in flour, dip in beaten egg, roll in cracker or bread crumbs. Roll off surplus crumbs in colander. Press each flat into original shape; drop into hot deep fat. Fry to a golden brown; drain well, and garnish with lemon and parsley. Serve with crackers, celery, or cold slaw, and catsup.

**Broiled:** Roll fresh oysters in half bread and half cracker crumbs, press flat with hands. Place on broiler and broil 2 minutes on each side. Salt lightly, brush with melted butter and serve 4 oysters on each piece of toast.

**Scalloped:** Grease baking dish and cover bottom with 1 cup bread crumbs; on these, arrange 2 dozen drained oysters. Season with salt and pepper and cover with another cup bread crumbs; moisten with 1/4 cup milk or tomato juice, and spread with 2 tbsps. butter. Bake in hot oven 20 minutes. Canned cove oysters may also be prepared in this manner.

Oysters are good scalloped in spaghetti or macaroni. Canned spaghetti may be used. Never have more than two layers of oysters for good results.

**Creamed:** Prepare a white sauce with 1 1/2 tbsps. each butter and flour; 3/4 cup milk or cream and oyster liquor. Season with salt and pepper. While hot, drop in 2 dozen or more well-drained oysters and cook about 1 minute or until edges begin to curl, then remove immediately. Flavor with Worcestershire sauce or sherry. Serve on toast.

**Patties:** Prepare Creamed Oysters as above, and serve in pastry patty shells—see recipe.

**Cocktail:** Serve raw oysters in sherbet glasses; season well with salt, pepper, a very little cayenne and a teaspoon catsup on top. Provide Worcestershire and tabasco sauce on side. Should be served ice cold. Serve with crackers.

**Loaf:** Select a loaf of day-old bread baked in single-loaf pan. Cut out the top crust about 1/2 inch from edge all around and lay it aside for a lid; scoop out most of the crumb, leaving about a 3/4-inch wall on sides and bottom; place this crust in the baking pan, filling it with alternate layers of oysters seasoned with salt and pepper and bread crumbs moistened with a little oyster liquor or milk. When filled, replace the top crust lid, and set in moderate oven about 15 minutes. Serve in slices.





# MEATS *and* POULTRY

## YOUR OVEN

**N**OTHING is more helpful to the housewife than a thorough understanding of her oven. A little patience until its technique is mastered, and the oven will do her bidding. Together they may turn out great things; succulent roasts, crisp breads and flawless cakes that will be the pride of her heart and the joy of her family.

Every effort has been made to perfect the oven of the "Home Comfort" Range and, as the delicious recipes in this book are well balanced and clearly written, even a beginner may be confident of success. The time and temperature for baking various foods have been arrived at through numerous tests, and considerable leeway has been allowed. This is done because batters vary with difference in the size of eggs and the thickening properties of ingredients such as flour, molasses, honey, etc., and because oven temperatures fluctuate through frequent opening of the oven door and through type of fuel used and draft.

Baking is a fine accomplishment, one that meets with instant and constant appreciation. All that is needed is a little confidence, this cook book, and an intelligent use of the means at hand. Study your book, become acquainted with your oven and be known as a discriminating woman and a master cook!

### Modern Meat Roasting

STARTLING to those who have long taken it for granted that meat must be seared at high temperature before it can be roasted, is the new method of roasting in a constant, moderately slow oven. According to thorough tests by home economics experts, meat that is roasted without searing or basting has these advantages:

- It shrinks slightly less
- It uses less fuel
- It spatters the oven less
- It is more evenly cooked
- It is juicier.

Place meat, fat side up, in preheated moderately slow oven. Do not increase or decrease heat at any time. Add salt first if most convenient; it actually draws out too little juice to make any difference. Lay bacon or suet on top of meat if it has no fat. Add no liquid. Do not cover or baste meat. A meat thermometer is helpful but not essential in determining doneness. Insert the bulb into the lean, being sure that it does not rest upon fat or bone.

Thermometer readings for desired doneness:  
Beef, rare, 140° F.; medium, 160° F.; done, 170° F.

Veal, 170° F.  
Lamb, 175-180° F.  
Pork, 185° F.

Without a meat thermometer, doneness can be approximately determined by this chart:

Beef—18 to 30 minutes to pound  
Veal—30 minutes to pound  
Lamb—30 to 35 minutes to pound  
Pork—30 minutes to pound.

### Other Methods of Cooking Meat

MEATS cooked in other ways besides roasting are juicier and shrink less when cooked at comparatively low temperatures.

**Broiling:** Broil steaks and chops at moderately hot temperature, turning several times. Broil steaks from 20 to 35 minutes, depending on thickness; lamb chops from 15 to 30 minutes; bacon or salt pork 3 to 5 minutes. Veal is not fat enough to broil satisfactorily.

**Pan-Broiling:** The above cuts may be pan-broiled, which means cooking in a hot uncovered frying pan, pouring off fat as it accumulates. The pan may be very lightly greased, as for pancakes, to prevent sticking at first.

**Braising:** In braising, meat is browned first in a small amount of fat, then cooked



# MEATS

# and Poultry

slowly in a closely covered pan with the addition of a small amount of hot liquid. It may be cooked on top of the stove or in the oven. Pot roasts and Swiss steaks are cooked by this method.

**Stewing:** Stewing is cooking small pieces of meat in hot water at simmering temperature (meat should never be boiled). Vegetables for stew are added when the meat is half done, or according to time it takes them to cook. Those who prefer browned meat may brown it first as in braising. If meat is too fat, a greasy stew may be avoided by draining off accumulated grease during the browning. A stew that is browned either before or after simmering is called a fricassee.

**Sautéing or Frying:** Meats that are fried in a small amount of fat (called sautéing to distinguish from deep fat frying) should be coated with flour or egg and crumbs, and browned quickly in as little fat as possible, then cooked until done through over low heat, covered or not depending on whether you want soft or crisp crust.

**French Frying:** Deep-fat or French frying is used most often for chicken, sometimes for fish. Pieces to be fried are best dipped in batter, though egg and crumbs may be used. Be sure fat is deep enough to cover food and hot enough to brown a piece of bread in 40 seconds (375° F. by a deep fat thermometer). Fry until golden brown.

## Gravy

BECAUSE meat actually loses less juice when roasted at moderate temperature throughout, it may be necessary to add stock or bouillon cubes and water to pan drippings to make good gravy. To make gravy for roasts or meats prepared in other ways, see chapter on Sauces and Gravies.

## CHEAP BEEF CUTS

*{Ways to Make Tough Meats Tender}*

### Short Ribs en Casserole

3 lbs. beef short ribs	1/4 tsp. pepper
3 medium onions, chopped	1 1/2 tps. salt
1 carrot	1 tsp. sugar
3 tbsps. fat	2 cups canned tomatoes
	1/2 cup rice

MELT fat in frying pan, add onions and meat, and brown well. Put into casserole. Mix tomatoes, sliced carrot, rice and seasonings and pour over beef and onions. Add enough hot water to cover all ingredients, cover and cook in slow oven for about 3 hours, or cook on top of stove in Dutch oven. Add more water if necessary.

## Brisket with Onion Sauce

3 lbs. beef brisket	1 tbsp. vinegar
1 1/2 cups chopped onions	2 tps. salt
2 tbsps. fat	Whole cloves and peppercorn (optional)
2 tbsps. flour	
1 1/2 cups meat stock	

COVER meat with boiling water. Add vinegar, salt, cloves and peppercorn; cover and simmer slowly three hours, or until meat is very tender. When done, remove to hot platter. Brown onions in fat, add flour and stir until well blended. Then pour over stock in which meat was cooked. Cook slowly, stirring constantly, until smooth and thickened. One tbsp. chopped parsley may be added. Pour hot sauce over meat and serve. Vegetables may be cooked in water with meat for last hour.



## Creole Pot Roast

5 lbs. beef chuck	2 tps. allspice
1/4 cup salad oil	2 1/2 tps. salt
2 bay leaves	1/4 tsp. pepper
1 onion, minced	2 tbsps. flour
Juice 1 lemon	2 tbsps. fat

MIX together oil, lemon juice and seasoning. Rub well into each side of meat. Sprinkle flour over meat. Brown in hot fat. Add boiling water to half cover the meat. Cover closely and cook about 2 hours until done in a moderately slow oven, or cook on top of stove in Dutch oven for 3 hours. Serve with liquid in which meat was cooked, thickening it if preferred.

## Sauerbraten

*{German Pot Roast à la Mode}*

LARD a 5-lb. cut of beef shoulder or other fat cut of beef. Rub with salt and pepper, put in crock or bowl and pour over it: vinegar diluted with water (in equal parts if vinegar is very strong) to which 1 onion, sliced, 2 bay leaves, salt, 1 tsp. peppercorns and 4 tbsps. sugar have been added.

Pour this while hot over beef, until more than half covered. Place lid over crock and put in refrigerator. Leave for a week or ten days, turning meat once a day. Drain, saving vinegar, and cook meat like pot roast. Use vinegar mixture in place of stock. When tender, remove from fire and make gravy, adding 1 cup sweet or sour cream. Usually served with potato dumplings.



# Poultry and MEATS

## Potato Dumplings

- |                         |                           |
|-------------------------|---------------------------|
| 6 medium-sized potatoes | ½ cup butter or drippings |
| 2 eggs                  | ¼ cup dry bread crumbs    |
| 1½ tsps. salt           |                           |
| ½ cup flour             |                           |

BOIL potatoes, uncovered, in jackets until tender. Chill thoroughly, 12 hours or more. Peel, and grate or rice them. Add eggs, salt and flour, beating with a fork until light. Roll into small balls, drop into boiling salted water and cook 10 minutes. Drain well. Serve with sprinkling of bread crumbs browned in butter. Or brown small cubes of bread in butter (croutons) and roll into balls before boiling.

## Beef Stew with Dumplings

- |  |                                  |
|--|----------------------------------|
| 1½ lbs. short ribs, shank, neck, flank, plate, rump or brisket | 1 small onion                    |
| ¼ cup flour  | ½ cup cubed carrots              |
| 1½ tsps. salt  | ½ cup cubed turnips              |
| ¼ tsp. pepper  | 4 cups potatoes, cut in quarters |

WIPE meat, remove from bone, cut in 1½-inch cubes. Mix flour with salt and pepper and dredge cubes of meat with it. Heat some of fat from meat in frying pan. Add cubes of meat and brown, stirring constantly.

Put meat, with browned fat into stew kettle. Add boiling water to cover, or a pint of tomatoes, stewed and strained. Simmer until tender (about 3 hours). Add carrots and turnips for last hour of cooking. Add potatoes 20 minutes, and dumplings 15 minutes, before serving.

## *Double recipe* Dumplings

- |                       |               |
|-----------------------|---------------|
| 1 cup flour           | 1 egg, beaten |
| 2 tsps. baking powder | ½ cup milk    |
| ¼ tsp. salt           |               |

*Good* SIFT flour with baking powder and salt. Mix egg with milk and add all at once. Stir only until mixed. Drop by spoonfuls over boiling mixture. Cover and steam 15 minutes before removing lid. Serve at once.

## Braised Beef

SEAR a 2-lb. chuck roast on all sides in roasting pan in hot oven. Add ½ cup sliced onions, and 1 cup boiling water, ½ tbsp. salt. Cover pan, lower heat to moderately slow and roast about 1 hour until done.

Add 1½ cups diced carrots, ¼ cup diced celery, 6 to 8 small sliced potatoes and 1 cup boiling water; cover and roast about 1 hour more until done. Serve on platter with vegetables around meat; thicken and season liquid in pan for gravy.

## Swiss Steak

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 2 lbs. round steak, 2 inches thick | 1 tsp. salt and a dash of pepper |
| ½ cup flour combined with          | ¼ cup bacon or ham drippings     |
|                                    | 2 cups tomatoes                  |

POUND flour into both sides of steak, using edge of heavy plate. Heat fat in large casserole or skillet and sear steak. Add boiling tomatoes, cover casserole closely and place in slow oven about 2 hours until done. One cup carrots, onions and green peppers may be put into 2 cups of boiling water and substituted for tomato juice, or vegetables may be added to tomato juice.

Make gravy of drippings and pour over steak. Drained vegetables may be returned to gravy after it has been thickened.

## Stuffed Steak

- |                              |                   |
|------------------------------|-------------------|
| 1½ lbs. round or flank steak | 1 egg             |
| 3 medium onions              | 1 tsp. sage       |
| ½ cup minced suet            | ¼ tsp. pepper     |
| 2 cups stale bread crumbs    | Hot water         |
|                              | 2 tsps. drippings |
|                              | Flour             |

CUT meat into two slices, ½ inch thick. Peel onions and pour boiling water over them; let stand 15 minutes; drain and chop fine. Add to onions, suet, bread crumbs, seasoning and egg and mix well. Add hot water to make moist enough to spread. Lay steaks flat, spread bread mixture evenly over both, roll each separately and skewer or tie securely. Roll in seasoned flour and sear quickly in hot frying pan in which drippings have been melted. Place in casserole and add ½ cup hot water; cover and cook in moderately slow oven for about 1 hour. Remove to hot platter, take off skewers or strings. Thicken gravy in pan and serve. Serves six.

## GROUND BEEF RECIPES

### Porcupines

- |   |                             |
|---|-----------------------------|
| 1 lb. ground beef                       | ¾ tsp. salt                 |
| ½ cup bread crumbs                      | ¼ tsp. paprika              |
| 1 egg, slightly beaten                  | ¼ cup raw rice              |
| ¼ cup chopped onion                     | 1 can condensed tomato soup |
| 2 tsps. chopped green pepper (optional) | 2 cups boiling water        |

COMBINE beef with crumbs, egg and seasonings. Shape into small cakes and roll in rice. Add water to soup, pour over meat cakes, cover and simmer 45 minutes. Several slices of onion, a rib of celery and 1 tsp. chili powder may be added. Thicken sauce with flour and season to taste. The above ingredients may also be formed into a loaf and baked about 1 hour in a moderate oven. (See illustration.)



# MEATS

# and Poultry

## Chili

- |                            |                                |
|----------------------------|--------------------------------|
| 1 lb. pink chili beans     | 1 tsp. paprika                 |
| 1 lb. ground beef          | 1/4 tsp. pepper                |
| 2 small onions             | 1 1/2 tps. chili powder        |
| 2 cups canned tomato purée | 1 2-inch red pepper (optional) |
| 1 tbs. salt                | 1 tbs. fat                     |

WASH beans and soak overnight in enough water to allow for swelling. Drain and cook slowly until tender in salted water to cover. Heat fat in large skillet, add meat and chopped onion. Cook until brown, stirring with fork. Add tomato purée, stir well and pour into large saucepan. Add beans and water in which they were cooked (about 2 cups). If preferred, canned kidney beans with their liquid (2 large cans) may be used instead. Add seasonings, cover, and let simmer about 30 minutes before serving.

## Hamburger and Olive Steak

- |                        |                             |
|------------------------|-----------------------------|
| 1 1/2 lbs. ground beef | 10 or more stuffed olives   |
| 1 tsp. salt            | 1 can condensed tomato soup |
| 1/4 tsp. paprika       |                             |
| 1/4 cup minced onion   |                             |

SEASON meat, add onion and press into flat, greased baking pan. Sprinkle sliced olives over top, add hot tomato soup (undiluted) and bake in moderate oven about 20 minutes.

Mushroom soup may be substituted for tomato and the olives omitted.

## VEAL RECIPES

### Stuffed Veal Breast or Shoulder

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| 4 lbs. breast or shoulder of veal | 1/2 tsp. pepper                      |
| 1/2 cup melted butter             | 1/3 cup boiling water                |
| 1 small onion, minced             | 1 tsp. each sage and chopped parsley |
| 3 cups dry bread crumbs           | 1/2 cup chopped celery               |
| 3 tps. salt                       |                                      |

HAVE deep "pocket" made in the breast of veal, or have shoulder boned. Make dressing as follows:

Slightly cook onion in melted butter or fat. Add bread crumbs, seasonings, water. Mix and stuff into veal. Sew up or fasten edges securely. Dredge with flour, salt and pepper. Place in moderate oven. Roast according to general rules.

### Breaded Veal Steak

- |                                  |                |
|----------------------------------|----------------|
| 1 slice of round, 3/4 inch thick | 1/2 tsp. salt  |
| 1 egg                            | 1 tsp. paprika |
| Bread crumbs                     | Butter         |
|                                  | Cream          |

POUND meat well with edge of plate. Cut surface lightly with criss-cross gashes. Cut

meat into pieces for serving. Season, dip in bread crumbs, in egg to which 1 tbs. water is added, and again in crumbs. Sauté in butter until brown. Half cover with cream and cook covered for one hour over very low fire. Serve with mushroom sauce or gravy made with drippings.

## Veal Birds

- |                                    |                          |
|------------------------------------|--------------------------|
| 1 1/2 lbs. veal steak, sliced thin | 1 egg                    |
| 2 tbsps. onions                    | 2 cups soft bread crumbs |
| 2 tbsps. butter                    | 2 tbsps. flour           |
| 1 tbs. salt                        | 1 tbs. fat               |
| 1/8 tsp. pepper                    | 1 cup boiling water      |

CUT veal into 6 portions. Cook finely chopped onions in butter for a minute, combine them with salt, pepper, beaten egg and bread crumbs. Put one sixth of this mixture on each steak. Fold meat over, fasten with small skewers. Roll in flour and brown in melted fat.

When evenly browned, add water, cover and cook slowly for 50 minutes or, if desired, bake in slow oven about 1 hour until done.



## LAMB RECIPES

### Irish Stew

- |   |                              |
|---|------------------------------|
| 2 lbs. mutton or lamb, breast, neck or shoulder | 3 sprigs parsley, if desired |
| 6 medium potatoes                               | 2 tps. salt                  |
| 6 medium carrots                                | 1/4 tsp. pepper              |
| 6 small onions                                  | 2 tps. sugar                 |
| 1 cup sliced celery or peas                     | Flour to thicken             |

CUT meat into inch cubes, add cold water to cover (measuring it), and bring to boil. Add potatoes cut in 1/8ths, carrots in strips, small whole onions, celery or peas, parsley, salt, pepper and sugar. Cover closely. Simmer slowly for 2 hours or until meat is tender. For each cup of water, stir in 1 tbs. of flour mixed smoothly with an equal quantity of cold water. Stir gently until it simmers. Cook closely covered for about 10 minutes. (See illustration.)

### Stuffed Lamb Shoulder

HAVE 4 lbs. lamb shoulder boned. Stuff with same dressing given for stuffed veal breast.

Fresh chopped mint leaves may be used instead of celery with sage omitted. Roast as for veal. Serve with mint sauce if dressing is flavored with mint, or with gravy.



# Poultry and MEATS

## Crown Roast of Lamb

HAVE a crown roast of lamb prepared at market. Wipe meat carefully and rub over with flour mixed with salt and pepper. To keep ends of bones from burning, cover with stiff dough of flour and water or put cube of salt pork on each one. Put in baking pan and roast in moderate oven according to general rules.

Center of crown may be filled with trimmings of meat, chopped and seasoned, or with bread stuffing, before roasting; or cooked and seasoned vegetables may be arranged in it just before serving.

Green peas, Brussels sprouts, parsley potato balls, or fluffy mashed potatoes may be used. Before serving, remove dough balls or cubes of salt pork. Replace with fancy chop frills.

## Curried Lamb

1 lb. lamb shoulder	$\frac{2}{3}$ tsp. curry powder
3 tbsps. fat	1 tbsp. chopped onion
1 cup boiling water	$\frac{1}{4}$ cup, or more, chopped celery
$\frac{1}{2}$ tsp. salt	
$\frac{1}{4}$ tsp. pepper	2 tbsps. chopped parsley

REMOVE gristle and fat from meat and cut in 1-inch cubes. Brown in hot fat, add boiling water and seasonings. Cover meat. Simmer until tender (about 30 minutes). Thicken stock to make gravy. Serve on hot platter with border of boiled or steamed rice.



## Creole Lamb Chops

4 lamb chops	$\frac{1}{2}$ cup canned tomato soup
2 tbsps. fat	
$\frac{1}{2}$ cup diced onions	$\frac{1}{2}$ cup water

TRIM chops, dip in seasoned flour and brown lightly in hot fat. Arrange in skillet. Sprinkle onions over them and pour on soup and water, heated to boiling point. Cover chops. Bake in slow oven from  $\frac{3}{4}$  to  $1\frac{1}{2}$  hours until done. Lamb steaks from shoulder or leg may be substituted for chops.

## PORK RECIPES

### Spare-Ribs and Sauerkraut

SEAR spare-ribs in pork fat and season with salt and pepper. Place in casserole between 2 layers of raw sauerkraut and thinly sliced onions. Cover ingredients with boiling water. Cover closely. Bake in slow oven 1 to 2 hours until done. Fresh ham hocks may be cooked same way. Searing may be omitted.

## Pork Tenderloin

NEATLY trim full-sized pork tenderloins. Split in two lengthwise without detaching halves; season about 1 hour before cooking, then put in pan with a tbsp. hot butter. Sauté 6 minutes on each side. Arrange on hot serving dish. Skim fat from surface of gravy. Thicken with flour and thin with milk into cream gravy and serve over tenderloins; or, add a little clear vegetable stock to frying butter, and strain over meat.

## Tenderloin De Luxe

WIPE large pork tenderloin with damp cloth and trim edges. Split lengthwise and fill with regulation poultry dressing seasoned with chopped apple, onion and sage. Sew up or tie, rub all over with salt and pepper, place in greased baking dish, add a little water and bacon fat. Cover and bake in hot oven until done, about 25 to 45 minutes.

## Stuffed Spare-Ribs

WITH a cleaver, crack side of spareribs crosswise in 2 places; spread with dressing. (See Stuffed Veal Breast). Fold ribs over dressing and secure with skewer; place in roasting pan with  $\frac{1}{2}$  cup boiling water; cover, and roast at least 30 minutes to the pound, in moderate oven, season after the first hour of cooking. Garnish with fried apple or pineapple rings.

## Spare-Ribs Dinner

ROAST spareribs in moderate oven for about  $\frac{1}{2}$  hour. Season them and place halved sweet potatoes, cooked stoned prunes and quartered cooking apples on top of roast, and bake until well done, 45 minutes to 1 hour.

## City Chicken

THREAD alternate cubes of pork and veal steak on skewers. Cubes should measure about  $1\frac{1}{2}$  inches and should be pressed close together, leaving about 1 inch of skewer bare at one end. Season with salt and pepper, dip in beaten egg, roll in cracker crumbs. Brown on all sides in hot fat. Add  $\frac{1}{2}$  cup of thin cream, cover closely, and simmer on top of stove or in slow oven for about 1 hour. Allow 1 drumstick to a serving. When ready to serve, slip a frilled cuff over bare end of skewer and, if desired, a sautéed mushroom over other end.



## Stuffed Pork Chops

SELECT double loin chops, trim fat, make gash 2 inches long, then slit meat the full length of bone on inside. Fill with dressing or chopped, seasoned apples. Season each chop with  $\frac{1}{4}$  tsp. salt, dip in flour, sear in hot fat from trimmings for 10 minutes. Bake in moderate oven until done, about  $\frac{1}{2}$  to 1 hour. Chops are good garnished with prunes dropped into pan 10 minutes before serving. Slit prunes, previously steamed, remove stone and fill with chopped apple before cooking.

Stuffed pork chops are excellent with creamed corn (canned or cut from cob) used as stuffing. (See illustration.)

## Crown Roast of Pork

FOLLOW rule for Crown Roast of Lamb. Fill center of crown with sausage dressing made by combining  $2\frac{1}{2}$  lbs. pork sausage,  $\frac{1}{2}$  cup bread crumbs,  $\frac{1}{4}$  cup chopped onion and  $\frac{1}{2}$  cup chopped celery, moistened with milk and seasoned to taste. Serve with garnish of glazed onions and cinnamon flavored apples.

## Stuffed Pork Shoulder

HAVE 4-lb. pork shoulder boned. Stuff with apple stuffing. May use directions for stuffing veal, substituting 1 cup chopped sour apples for  $\frac{1}{2}$  cup celery and using less water;  $\frac{1}{4}$  cup raisins may be added. Roast according to general directions.

## Roast Young Pig

DRESS a young pig about 6 weeks old. Wash well inside and out. Rinse in water with a teaspoon soda dissolved in it; thoroughly rinse inside. With dry clean kitchen towel dry inside well and salt sufficiently.

Prepare well-seasoned bread dressing as for poultry, stuff inside of pig until plump. Sew up, fold legs under and tie. Place in roaster in kneeling posture in  $\frac{1}{2}$  cup cold water. Cover all around with well-buttered paper, put in moderate oven and let roast until done for about  $1\frac{1}{2}$  hours, longer if necessary. Baste frequently while cooking, with own gravy.

When done and delicately browned, remove to hot platter, untie legs, put sprig of parsley, nut or small apple in the mouth, garnish with wreath of parsley or, if at Christmas time, holly around neck, and bed or garnish all around.

Make gravy with some of pan drippings. Serve with apple sauce.

To carve: Cut off head, slit down back, take off hams and shoulders, then separate ribs, exposing dressing.

*Shown in photograph are Irish Stew, page 48; Meat Loaf (under Porcupines), page 47; Stuffed Pork Chops, page 50; Meat Pie or Hash with Potato Topping, page 56; Ground Meat Baked in Onions, page 56; Jellied Veal with Peaches, page 59.*

## Baked Whole Ham

PRELIMINARY boiling for baked ham is no longer necessary when ham has the brand of a large packer. These hams are treated so that they require only baking in a moderately slow oven for 20 to 25 minutes to the pound—sometimes less. Directions for baking usually accompany ham.

Ham cured according to the old way should be covered with boiling water and simmered for 20 minutes to the pound. If you have reason to believe that the ham is very dry or salty, soak first in cold water for several hours. If ham is intended for Sunday dinner, it may be parboiled on Saturday and baked Sunday morning.

For a particularly savory flavor, boil ham in sweet cider, or add 1 or 2 cups of pineapple juice to water. Reserve liquor in which ham is cooked for basting, and put ham in baking dish ready for Sunday morning. Peel skin from ham and score fat by barely cutting through it diagonally. Press a whole clove into each diamond, cover and store in cold place until ready to bake.

Cover ham with 1 cup brown sugar, 1 tbsp. dry mustard, and enough vinegar to make a thick, smooth paste. Arrange ham fatty side up in pan. Bake, uncovered, until nicely browned, in moderately slow oven (about  $\frac{1}{2}$  to 1 hour). This paste may also be used on branded hams, which may also be baked with cider or pineapple juice.



## Baked Ham Slice

A SLICE of smoked ham may be baked in moderate oven until done, about  $\frac{1}{2}$  to 1 hour for a 2-lb. slice, with a variety of ingredients to supply the necessary liquid. Uncover for last 10 to 20 minutes to permit browning.

**With Pineapple:** Arrange 6 slices of drained, canned pineapple on ham. Heat juice from pineapple, add  $\frac{1}{2}$  cup brown sugar, dissolve, and pour syrup over ham. Or use apricots.

**With Milk.** Mix 3 tbsps. brown sugar and 1 tbsp. prepared mustard and rub into both sides of ham. Pour 1 cup hot milk over ham. The ham may be covered with sliced raw potatoes or potatoes and onions. In this case omit sugar and mustard and nearly cover potatoes with milk.

**With Barbecue Sauce:** See recipe in Chapter on Sauces and Gravies. Pour over ham and bake.







## Correct Cooking of Sliced Bacon

**Broiling:** Place slices of bacon on wire rack over dripping pan to save fat. Broil under hot fire, and when one side of bacon is delicately browned, turn and brown other side. This is the ideal method of cooking bacon.

**Pan Broiling:** Place strips of cold bacon in cold frying pan over low fire and cook slowly. Never let bacon remain in fat, but pour off excess fat from time to time. Turn frequently, increasing heat until bacon is crisp.

**Baking:** Place strips of bacon in shallow pan and cook in hot oven until browned. Pour off excess fat from time to time, or use rack in pan.

## Ham Loaf

2 cups ground ham (raw or cooked), 1 lb.  
2 cups ground pork, beef or veal, 1 lb.  
2 tbsps. chopped green pepper  
1 tbsp. minced onion  
1 egg, beaten  
1 cup milk  
1 cup bread crumbs  
Salt and pepper to taste

COMBINE all ingredients in order listed. Blend thoroughly and shape into loaf. Fit into greased bread pan. Bake in moderate oven until done, for about  $\frac{3}{4}$  to  $1\frac{1}{4}$  hours. Slice and serve hot with mushroom or tomato sauce. Or serve cold.



## Ham Mousse

2 cups lean ground ham  
3 tbsps. butter  
3 tbsps. flour  
1 pint milk  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{8}$  tsp. pepper  
 $\frac{1}{4}$  tsp. paprika  
Sprinkling of mace  
1 tbsp. plain gelatin  
2 tbsps. cold milk  
1 cup heavy cream

MAKE white sauce of butter, flour, milk and seasonings. Add gelatin, softened in cold milk. Simmer until gelatin is dissolved. Add ham. Cool. Just before mixture begins to stiffen, fold in whipped cream. Pour into mold, greased with cooking oil, to harden. Serve in slices on lettuce. One fourth cup finely sliced celery and green pepper, and a little minced onion may be added with the whipped cream.

## Ham-Baked Bacon

4-lb. piece bacon  
Cold water  
 $1\frac{1}{2}$  tbsps. dry mustard  
 $1\frac{1}{2}$  cups vinegar  
 $2\frac{1}{2}$  cups boiling water  
Brown sugar

WASH bacon, place in large kettle of cold water. Bring to boil for 10 minutes. Then simmer 45 minutes. Pour off water, return meat to kettle and cover with hot water. Cook slowly  $1\frac{1}{2}$  hours. Take bacon from water, remove rind and place fat side up in baking pan. Bake slowly about 20 minutes to

$\frac{1}{2}$  hour, basting with mixture of dry mustard, vinegar and boiling water. Remove from oven, sprinkle surface of bacon with brown sugar and continue baking  $\frac{1}{2}$  hour or until done. Serve with spinach, cabbage, sauerkraut or any winter vegetable.

## Cabbage and Bacon Casserole

Small head white cabbage  
 $\frac{1}{2}$  lb. bacon (in one piece)  
1 cup milk  
 $1\frac{1}{2}$  tbsps. flour  
1 tbsp. butter or bacon fat  
Pepper and salt

CUT cabbage in quarters, soak in slightly salted ice cold water for half an hour, then chop coarsely and cook 20 minutes in fresh boiling water. Make a cream sauce of milk, flour and butter, seasoning to taste. Put layer of drained cabbage in baking dish, cover with some of sauce, add bacon previously parboiled for 20 minutes, rind removed and top scored. Arrange remaining cabbage around bacon, pour over remainder of cream sauce, and bake in moderate oven for about 20 minutes to  $\frac{1}{2}$  hour, or until bacon and cream are well browned. Serve with little vinegar pickles and plain boiled potatoes.

Salt pork may be used instead of bacon.

## Creamed Fried Bacon

$\frac{1}{2}$  lb. bacon or salt pork  
1 pint milk  
3 tbsps. flour  
 $\frac{1}{4}$  tsp. pepper

CUT bacon or salt pork in thin slices. Cover with milk and let stand about 20 minutes. Then remove from milk and roll in flour. Melt small quantity of bacon drippings in skillet, add bacon and sauté until crisp and brown. Place on hot platter. Pour off all but 3 tbsps. bacon drippings and make gravy with 3 tbsps. flour, pepper and milk previously poured off bacon. Pour hot gravy over bacon and serve immediately.

## Bacon-Browned Macaroni

1 cup macaroni  
1 cup bacon  
1 cup stock  
 $\frac{1}{4}$  cup bacon drippings  
Nutmeg  
Salt and pepper to taste

BREAK macaroni into small pieces, put into slightly salted water, boil rapidly for 5 minutes, then drain well. Have some stock boiling in saucepan, put in macaroni, and stew until tender, but not too soft. Cut bacon into small dice, fry slightly in pan, then add well-drained macaroni, bacon drippings, a good pinch of nutmeg and salt and pepper to taste. Stir gently over fire until macaroni acquires a nice brown color, turn on hot dish and serve.



# Poultry and MEATS

## Sausage Cookery

**Pan-Broiled:** Prick sausages with fork to keep them from bursting; place in cold skillet with small amount of water; cover and cook 5 minutes until water evaporates. Or if any excess water is left, pour off. Brown in dry skillet about 10 minutes, or longer for larger sausages. Drain off excess fat as it accumulates. Make gravy with fat in pan or add same amount of boiling water to it, stir until well blended and pour over sausages before serving.

**Boiled:** Plunge sausages into boiling water, then simmer only until they are done, about 10 minutes or more, depending upon size.

**Sausage Cakes:** Combine 1 lb. sausage meat with 2 tbsps. flour, shape into ½-inch cakes, sprinkle with flour and brown quickly on both sides in hot skillet—no fat is needed. Cover, reduce heat to low flame and cook about 15 minutes longer, or until sausages are done through. See Canning Chapter for making Country Sausage at home.

Aside from sausage cakes, bulk sausage meat has various uses—baked on pineapple slices; as a filling for baked apples; as a filling for baked potatoes (add it to the mashed pulp, return to shells and brown in oven); added to a casserole of sweet potatoes and apples before baking and as a filling for a biscuit roll (delicious with mushroom sauce); or as stuffing for peppers, with Spanish rice, etc.

Small breakfast sausages may be stuffed into Idaho potatoes before baking, rolled in pastry or biscuit dough or in French pancakes, or browned on top of baked beans.

Cut up frankfurters or wieners are especially good simmered in bean, pea or lentil soup for a filling supper soup. For picnics try broiling frankfurters, previously simmered and split, with a strip of yellow American cheese in the center, fastened with a toothpick.

Thin slices of bologna, cervelat, or other large sausage make interesting cups for creamed vegetables. Brown them in a hot skillet until the edges curl up. An egg may be dropped into each sausage cup and cooked through with lid on skillet for novel breakfast dish.

## Sausage Stuffed Onions

1 lb. sausage  
4 slices bacon  
6 onions

1 cup chopped celery  
1 tsp. salt

COOK bacon crisp, add sausage and celery. Scoop out center of onions and fill with sausage mixture. Bake in greased casserole with ½ cup water, in slow oven for 1 hour or until onions are tender.

## Sausage Scrapple

1 pint corn meal  
½ lb. seasoned sausage

2 tsps. salt  
2 quarts water

ADD meal gradually to boiling salted water. Stir constantly for 10 minutes. Then cook in double boiler for 30 minutes, add sausage and beat well. Pour into greased baking pan. When cold, slice, dip in flour and fry until golden brown. For breakfast, serve with maple syrup, for luncheon with apple sauce.

## Italian Sausage

1 lb. pressed ham sausage  
or bologna  
2 onions  
1 tbsp. salad oil  
2 cups tomatoes

1 tsp. salt  
½ tsp. pepper  
2 tsps. Worcestershire  
sauce  
2 cups egg noodles

BROWN onions, chopped, in salad oil. Add ham sausage or bologna, chopped. Combine seasoning with tomatoes. Pour over meat. Add cooked noodles to meat mixture and cook in moderate oven 30 minutes. Serve surrounded with 1 cup of grated cheese.

## Pickled Pig's Feet

CUT off horny parts of feet and toes, scrape clean and wash thoroughly, singe off stray hairs, place in kettle with plenty of water, boil, skim, pour off water and add fresh. Boil until bones will pull out easily. Do not bone, but pack in stone jar with pepper and salt sprinkled between each layer; cover with cider vinegar. When wanted for table, take out sufficient quantity, put in hot skillet, add more vinegar, salt and pepper if needed, boil until thoroughly heated, stir in smooth thickening of flour and water, and boil until flour is cooked. Serve hot as a nice breakfast dish. Or, when feet have boiled until perfectly tender, remove bones and pack in stone jar as above; slice down cold, when wanted for use. Let liquor in which feet are boiled stand over night; in morning remove fat and prepare and preserve for use.

## Dutch Scrapple

BOIL fresh lean pork on the bone until meat is tender and easily removed; grind or chop very finely, avoiding fat. Remove all fat and bone from broth, cool and measure; to each quart of broth, allow 1 cup corn meal, and cook into mush. Add about 1 lb. ground meat, salt and pulverized sage to season. Turn into bread pan or other flat mold and cool. To serve, slice and fry in deep fat as for fried mush.

Beef, meat of pig's head, and trimmings may also be used in same way.



## Head Cheese

**Having** thoroughly cleaned a hog's or pig's head, split it in two, take out eyes and brain; clean ears, throw scalding water over head and ears, then scrape them well. When very clean, put in kettle with water to cover, and set over rather quick fire; skim as any scum rises; when boiled so that flesh leaves bones take from water with skimmer into large wooden bowl or tray; then take out every particle of bone, chop meat fine, season to taste with salt and pepper (a little pounded sage may be added), spread cloth over colander, put meat in, fold cloth closely over it, lay weight on it so that it may press whole surface equally (if lean use a heavy weight, if fat, a lighter one); when cold take off weight, remove from colander and place in crock. May add vinegar in proportion of one pint to a gallon crock. Clarify fat from cloth, colander and liquor from the pot and use for frying.

To can Head Cheese see Meat Canning.

## Chipped Beef Recipes

Good chipped beef is tastier when not soaked before preparing. Instead add no salt to other ingredients. Try these suggestions for  $\frac{1}{4}$  lb. dried beef:

**In Savory Sauce:** Frizzle beef in 1 tbsp. butter. Sprinkle with  $\frac{1}{2}$  tsp. dry mustard and 2 tbsps. flour. Add 1 cup rich milk, stirring until smooth and thick. Add 2 tps. Worcestershire or other meat sauce. Serve on toast, in hard, scooped-out rolls, or in patty shells. Smoked cooked tongue or ham are also good with this sauce.

**In White Sauce de Luxe:** To 2 cups unsalted white sauce, add  $\frac{1}{4}$  lb. finely cut yellow cheese, 3 tbsps. tomato catsup and shredded beef. Serve on toasted hard rolls or mealy baked potatoes.

**In Mushroom Sauce:** Heat 1 can condensed mushroom soup and an equal amount of thin white sauce. Season with paprika and serve over dried beef on toast or baked potatoes.

**With Scrambled Eggs:** Frizzle beef in 1 tbsp. butter. Shred, add 4 eggs, beaten slightly with 4 tbsps. milk or cream, scramble until thick and creamy. Season to taste. One-half cup sliced mushrooms, sautéed with beef, is a delicious addition.

**With Scalloped Potatoes:** Place shredded beef between 2 layers of sliced potatoes (about 4 large ones). Sprinkle each layer with 1 tbsp. flour and pepper (no salt). Cover with milk. Dot top with butter, or cover with buttered crumbs, and bake as usual.

**In Tomato Sauce:** Frizzle dried beef in 2 tbsps. butter with 1 tsp. minced onion and 1 tbsp. chopped green pepper or celery (optional). Add 1 can tomato soup and  $\frac{1}{2}$  can boiling stock or water. Season with a little Worcestershire if desired. Serve hot on toast.

## MEAT BY-PRODUCTS

### Stuffed Beef Heart

**WASH**, remove veins and clotted blood from beef heart and drop into boiling salted water. Simmer until nearly tender. Drain and stuff with this dressing:

3 $\frac{1}{2}$ cups dry bread crumbs	$\frac{1}{2}$ tsp. pepper
1 cup boiling water	$\frac{3}{4}$ cup finely cut celery
1 tbsp. poultry seasoning	$\frac{1}{2}$ cup minced onion
1 $\frac{1}{2}$ tps. salt	$\frac{1}{2}$ cup melted butter or other fat

Sew up stuffed heart, roll in seasoned flour, brown in 2 tbsps. fat. Place in small deep pan, cover with boiling water or stock in which heart was cooked, bake slowly (covered) for about  $\frac{1}{2}$  hour. Serve with gravy made from thickened stock. Tomato sauce is good with heart. In this case, use canned tomatoes instead of other liquid.

### Pork Hearts en Casserole

**SLICE** hearts thin, and across meat grain; roll in flour, sauté with a little chopped onion in hot bacon fat; place in casserole with 1 cup water or stock; add any desired herbs and a chopped pimiento; season with salt and pepper. Cover, cook until tender, about 1 to 2 hours in moderate oven. When almost done, drop biscuit dough over meat and bake until brown and done through.

### Stewed Kidneys

2 beef kidneys, or 2 veal or pork kidneys	Red pepper
6 onions, minced (2 cups)	Black pepper
Salt	Butter
	Flour

**REMOVE** gristle from kidneys and cut them into  $\frac{1}{2}$ -inch squares. Add onions and cover with boiling water. Stew gently for 2 hours. Cool. Add seasoning and cook 1 hour longer. Make gravy with stock, allowing 3 tablespoons butter and 2 tablespoons flour to a cup of liquid.

If kidneys are old, soak first in cold water several hours. Vegetables may be added to kidneys during last hour of cooking as for other stews. Carrots, celery, green pepper and tomato are especially tasty.



# Poultry and MEATS

## Braised Fresh Tongue

PLACE beef tongue in boiling water and simmer one hour. Skin, remove roots and place on dripping rack in roasting pan. Dice 2 cups vegetables, carrots, turnips, onion, celery, etc., add 4 cups water, heated, in which tongue was boiled and pour around tongue. Cover pan closely. Bake tongue in slow oven until tender (about 2 hours for a large one). Remove tongue and place on platter. Strain vegetables and arrange around it. Thicken stock with flour or serve with Raisin Sauce (see Sauce and Gravy Chapter), or with tomato sauce made by adding tomato purée or canned soup to stock.

Prepare calf tongue same as beef, baking about 30 minutes, because of smaller size.

## Spiced Smoked Tongue

WASH tongue and if salty, soak in cold water over night. Place in kettle with 1 tsp. each pepper and cloves, a few bay leaves and 1 sliced onion. Let simmer slowly until tender, for 3 to 5 hours, or until the skin curls back. Then remove from brine, pull off outer skin, cut off root and let cool in brine. May be sliced cold or served hot. Serve with horseradish or horseradish sauce.

## Sweetbreads and Brains

BOTH sweetbreads and brains receive the same preliminary treatment, and although brains are generally "looked down upon" in comparison to the luxurious sweetbreads, they may be served in the same ways and will taste very similar.

Soak either sweetbreads or brains 1 hour in cold water after removing membranes and arteries. Simmer 20 minutes in salted water with 2 tbsps. lemon juice or 1 tbsp. vinegar for each quart. Vegetables suitable for soup may be added. Plunge in cold water and drain, reserving stock.

**Broiled Sweetbreads or Brains:** Cut prepared sweetbreads or brains in halves or slices. Brush with melted butter. Cook about 5 minutes on greased broiler, turning to brown both sides. Serve with Melted-Butter and Lemon Sauce.

**Creamed Sweetbreads:** Cut prepared sweetbreads in small cubes. Reheat in white sauce. Delicious combined with cooked mushrooms, chicken, oysters, celery or peas. Serve in patty shells or on toast.

**Scrambled Eggs and Brains:** Break prepared brains in small pieces. Put in skillet in which 1 tbsp. butter has been melted with 4 eggs, beaten with 4 tbsps. milk. Add salt and pepper to taste, stir constantly until set.

**Fried Brains or Sweetbreads:** Break prepared brains or sweetbreads in 1-inch pieces. Dip in egg and crumbs or in batter. Fry in shallow or deep fat to golden brown. Serve with slices of lemon, tomato sauce or catsup.

## Braised Liver

2-lb. piece beef or pork liver	½ cup stewed or fresh tomatoes
Bacon	½ tsp. whole black peppers
½ cup diced carrot	Four cloves
½ cup diced celery	Small bay leaf
¼ cup diced onion	1 ½ cups hot water

MAKE small gashes in rounded surface of liver. Tie strips of fat bacon over cuts, season with salt and pepper and dredge thickly with flour. Put vegetables and liver in Dutch oven, add spices tied in cloth, and hot water. Cover and cook over low fire for 2 hours, removing cover the last 15 minutes. Remove spices and thicken with flour paste if too thin. Serve meat on bed of rice with vegetable sauce poured around it.

## Pan-Fried Liver

REMOVE skin and veins from calf or young beef liver and cut it into ½-inch slices. Season slices with salt and pepper and dredge with flour. Sauté in hot bacon drippings until done. Serve with crisp bacon.

## Liver Baked in Sour Cream

1 ½ lbs. liver	1 cup sour cream
¼ lb. salt pork	1 tsp. salt
3 tbsps. French dressing.	⅛ tsp. pepper

CALF, beef or pork liver may be used. Cut salt pork into small strips. Insert in top surface of liver. Marinate liver for ½ hour in French dressing, turning a few times. Place liver in casserole, add salt and pepper. Pour sour cream over it and bake in moderate oven until tender. Takes ¾ to 1 ½ hours for calf liver and 1 to 2 hours for beef or pork.

## Liver Dumplings

½ lb. calves liver or chicken livers	1 tsp. chopped onion
1 slice white bread (½ cup)	1 tbsp. chopped parsley
1 egg yolk	1 tsp. salt
2 tbsps. soft butter	½ tsp. pepper
	1 tbsp. flour
	1 egg white, stiffly beaten

SKIN liver, remove fibre and chop very fine. Soak bread in water for 3 minutes, then wring water from it. Beat egg yolk with butter and add remaining ingredients, folding in stiffly beaten egg white last. Shape mixture into small balls. Drop into boiling soup. Cook 5 or 6 minutes. Dumplings may be cooked in boiling water, drained and served with chopped onions sautéed in butter.



## RECIPES FOR LEFTOVER MEAT

### Meat Pie

- |                    |                          |
|--------------------|--------------------------|
| 2 cups cooked meat | 2 medium potatoes,       |
| 1½ to 2 cups gravy | cooked                   |
| 1 onion sliced     | 1 tbsp. chopped parsley  |
| 2 cooked carrots   | Salt and pepper to taste |
|                    | Pastry or biscuit dough  |

Cut meat in small cubes, removing fat and skin. Dice carrots and potatoes. Cook together with sliced onion in enough water to cover until tender. If left-over cooked vegetables are used, sauté onion lightly in a little fat until tender. Other vegetables such as peas, turnips or celery may be used in place of or in addition to those specified.

Add meat and gravy to vegetables. More gravy will be needed if there is no liquid with cooked vegetables. It may be necessary to thicken slightly with flour and water paste. Season well, add chopped parsley and pour into well-greased baking dish. Cover top with biscuit or pastry dough, using half the usual standard recipe (1 cup flour). Slash top several times to allow steam to escape. Put in hot oven and bake about 20 to 30 minutes, or until contents are bubbling hot and crust is browned.

Mashed potatoes may also be used as meat pie "crust." (See illustration.)

Left-over meat may be ground, seasoned to taste and baked in hollowed-out onions, tomatoes or peppers. (See illustration.)

### Tamale Pie

- |                             |                      |
|-----------------------------|----------------------|
| 1 cup cooked meat           | ½ small clove garlic |
| 1 cup gravy, stock or water | (optional)           |
| ½ cups tomato soup or purée | 1½ tps. chili powder |
|                             | 4 cups boiling water |
|                             | 1 cup cornmeal       |
|                             | ½ tsp. salt          |

COOK cornmeal and salt in boiling water until mush is thick. Stir to prevent sticking. Line buttered baking dish with ¾ of mush. Pour in ground or finely chopped meat, gravy, tomato, garlic, chopped fine if used, and chili powder. Dot top with remaining mush, rolled into 1-inch balls. Bake in a moderate oven until brown, about 25 to 45 minutes.

### Curried Meat with Rice

PREPARE 3 cups diced cooked lamb, chicken or veal. Make sauce of 3 tbsps. flour, 4 tbsps. melted butter, and 2 cups milk. Add 1 or 2 tps. curry powder, season with 1 tsp. salt, add diced meat, and heat thoroughly. Just before serving, add 1 well-beaten egg; serve on bed of hot rice, garnished with slices of hard-boiled egg.

### Hash

TO EACH cup chopped cold cooked fresh meat, mix 2 cups chopped cold boiled potatoes; season with salt and pepper; moisten with water, milk or stock. For each cup hash, melt 1 tbsp. cooking fat in frying pan, put in hash, and cook slowly for about 20 minutes, occasionally shaking pan to prevent sticking; may be moistened to suit. If green pepper, onions or celery are used, chop fine, and add ½ cup with potatoes.

For Spanish hash, moisten with tomato pulp. Hash may also be baked in moderate oven, covered with buttered bread crumbs and grated cheese, or covered with topping of mashed potatoes. (See illustration.)

### Chop Suey

#### { American Style }

WITH the aid of canned and bottled Chinese foodstuffs, it is possible to make genuine Chinese dishes at very little cost. Chop Suey is especially popular with the thrifty cook as a means of utilizing left-over meat and gravy, although it can be made very deliciously from fresh meat. The following recipe is for the "American Style" which contains plenty of brown gravy and a bit of salt, the most popular form of this versatile dish on menus of Chinese restaurants.

- |                                |                          |
|--------------------------------|--------------------------|
| 1 lb. lean meat, cooked or raw | 1 can bean sprouts       |
| 2 cups sliced celery           | 2 tbsps. molasses        |
| 1 cup sliced onions            | 3 tbsps. chop suey sauce |
|                                | ½ tsp. salt              |

Cut meat in small pieces and fry in a little fat until well browned, stirring constantly. Add celery and onions, sliced in rather large pieces and liquid from can of bean sprouts. Stir well. Add molasses and salt. Cook covered slowly until vegetables are tender, but not mushy. Add bean sprouts, water if necessary and heat through. Add chop suey sauce, to suit taste, and thicken with a little flour and water. The meat used may be pork, veal, beef or chicken. If left over, it should measure about 2 cups. Cook vegetables in left-over gravy, adding bean sprout liquid as needed. Serve with rice and tea.

To cook rice according to Chinese style, wash thoroughly and place in pot. Add water to measure twice the depth of rice. Bring water to a boil over fast fire, stirring rice occasionally. As soon as water boils, remove from hot fire and let simmer 20 minutes when water will be practically evaporated and rice tender and flaky. Water may be salted to taste.



# Poultry and MEATS

## RABBIT RECIPES

### Haasenpfeffer

THIS good old German dish, which means "peppered rabbit" to non-Germans, is an excellent method of making an old rabbit tender or of preserving a surplus if the family hunter has been lucky. It probably was invented for just that purpose.

Cut rabbit into pieces as for frying. Place them in a crock or large bowl. Cover with equal parts vinegar and water, and for each rabbit add a sliced onion, a bay leaf and a few peppercorns, and one teaspoon salt.

Let rabbit soak for 2 days, turning once or twice. Place plate or lid on top to keep rabbit well under brine. Remove rabbit and dry well. Dip pieces in flour and sear in hot fat in an iron skillet or Dutch oven until browned on all sides.

Pour on vinegar solution to depth of  $\frac{1}{4}$  inch. Cover. Simmer slowly for about 2 hours, or until tender.

Remove to hot platter and make gravy by thickening liquid with flour and adding an equal amount of sweet or sour cream. Reserved vinegar solution may be added as liquid in pan evaporates during cooking.

### Fried Rabbit

Cut young rabbit in pieces and dredge in flour, salt and pepper. Put about 4 tbsps. of bacon drippings or other fat in a large skillet and when it is hot add rabbit. Turn until pieces are brown on all sides. Then reduce heat, cover skillet and continue cooking for 20 to 30 minutes. Remove rabbit from pan and thicken drippings with 1 or 2 tbsps. of flour, adding water or milk as preferred and salt and pepper to taste.

### Rabbit Stew

Cut rabbit in pieces and dry thoroughly. Sauté in 3 tbsps. hot bacon drippings or other fat, until browned on all sides. Season. Add hot water to cover rabbit, cover closely, simmer for one hour, add more water if necessary. Add 1 small sliced onion, 1 large cubed carrot and 2 large stalks celery, cut in pieces. Continue cooking until vegetables are done, about  $\frac{1}{2}$  hour longer. Thicken liquid with about 2 tbsps. of flour, dissolved in  $\frac{1}{4}$  cup water and season to taste.

### Fricassee Rabbit

Cut rabbit into pieces, dredge with flour as for fried rabbit. Brown in about 3 tbsps. hot fat and cover with 1 large onion, sliced. Sprinkle onion with salt. Pour over 1 cup sour milk, cream, or water, cover closely, simmer for 1 hour; or put pan in slow oven and bake for 1 hour, or until rabbit is very tender. Pan liquid may be thickened with flour as for rabbit stew.

### Squirrel

STEW or fricassee as for rabbit.



## TIME TABLE FOR ROAST POULTRY

### Roast Chicken, Turkey, Goose

POULTRY, like meats, is roasted by dry heat in a slow to moderate oven, in the modern manner. The larger the bird, the lower the temperature used. Basting is accomplished by laying strips of fat on the bird, or brushing it with melted fat. For a tender breast, roast breast-side down for at least the first half of the cooking period; then right it up for browning. Instead of salting the outside, which blisters the skin, salt the inside, using about  $\frac{1}{4}$  tsp. for each pound of prepared bird. Do not cover and add no water.

Here are general directions for time of roasting, counting fewer minutes per pound and lower temperature for large birds.

Chicken: 25 to 30 minutes per pound, moderate oven.

Turkey: 15 to 25 minutes per pound, slow to moderate oven.

Goose: 20 to 25 minutes per pound, slow to moderate oven.

Duck: 25 to 30 minutes per pound, moderate oven.

If a meat thermometer is used, insert it into the thickest portion of the thigh muscle. Poultry will be done when it registers 185° F.

At this temperature, leg and wing joints will move easily when grasped because ligaments are tender.

A good way to gauge cooking time of bird is to simmer gizzard in salted water until tender. The minutes it takes to cook plus 1 hour will be the time required to cook the bird.

Make gravy from drippings. See Pan Gravy.



## Fried (Sautéed) Chicken

CLEAN and dress young chicken, passing through several fresh waters; disjoint into 2 thighs, 2 drumsticks, 2 wings, 2 to 3 pieces of breast, 2 to 3 pieces of back; neck, liver and gizzard may be included if desired, but must be carefully prepared and gall discarded. Rinse thoroughly, put on plate, cover, and set in cool place over night, or several hours before sautéing, or "frying."

When ready to cook, wipe off surplus moisture, sprinkle with salt and a little pepper, dredge thoroughly with flour; have ready a frying pan with enough hot fat to make pan at least half-full after chicken is put in; brown chicken quickly and evenly on all sides. Reduce heat and cook slowly, covered, turning as required, until each piece is tender, plump, and evenly cooked.

Make white sauce with a little of the fat left in pan, 1 tbsp. flour and 1 cup milk, cooking to proper thickness. Season with salt and pepper. Serve separately.

**Maryland Chicken:** Follow above recipe, except dredge pieces in flour, dip in beaten egg and roll in cracker crumbs.

**Chicken in Batter:** Make fritter batter (see recipe). Dry each piece of salted chicken, dip in batter and cook as above, or in deep fat.

**Italian Style:** Make fritter batter and mix into it: finely chopped tomatoes, small onion, minced parsley, salt and pepper; dip pieces of chicken into it, and cook in plenty of fat in thick bottomed pan, first rubbing sides and bottom of pan with a split clove of garlic; serve with tomato sauce.

**Parisian Style:** Prepare springers for cooking; dry well and put into frying pan with 2 tbsps. hot butter. Season with salt and pepper, and sauté over brisk heat 5 minutes on each side. Moisten with  $\frac{1}{2}$  cup tarragon vinegar, 1 cup hot water and butter, or fresh vegetable stock. Cook 20 minutes, drain on napkin, serve on hot platter. Decorate with large fried croutons.

## Broiled Chicken

DRESS and prepare broilers as for roasting, except: instead of trussing, split through back lengthwise, and lay chicken open; turn over on flat surface and press down breast without breaking bone; cut tendons under each wing and sinews under second joint of legs, and lay out flat. Season evenly with salt and pepper, and lay inside down on gridiron; place iron over a direct fire of clear, slow coals. Place a tin and light weight on the bird to hold it flat. Broil about 10 minutes, turn and broil other side.

## Broiled Chicken (cont.)

Keep fire even underneath and do not allow any part to scorch or overcook.

Place on hot plate with 1 or 2 tbsps. butter and a little hot water, brush butter over entire chicken; garnish with parsley.

If chicken is half or wholly matured, steam it about 1 hour, then broil.



## Chicken Fricassee

CUT "oldish" chicken into quarters or small pieces, roll in flour and season well. Brown in fat which has been heated in pot and to which several slices of onion have been added. Combine stock, cream and sprig of parsley. Heat this to boiling point and pour over browned chicken until bottom of pot is well covered. (Boiling water may be used in place of stock and cream.)

Cover pot and simmer chicken until tender. Make gravy with drippings—adding stock or cream and a few drops of brown sauce. Pour over chicken before serving.



## Creamed Chicken, Turkey or Veal

REMOVE cooked chicken from bones and cut in regular pieces; measure. Reheat in equal quantity of rich medium white sauce, or sauce left from chicken fricassee, or gravy from roast chicken, or a mixture of white sauce and chicken gravy. Richness is added by stirring into sauce 1 or 2 slightly beaten egg yolks before adding chicken. Stir over low heat until egg thickens slightly.

Creamed chicken may be garnished with toast triangles, served in croustade cases, homemade pastry shells, patty shells, timbale cases, a ring of rice, on waffles, or between layers of a biscuit style shortcake.

Delicious additions to chicken may include cooked peas or celery, sliced olives or sweet pickles, almonds or mushrooms, green pepper or pimiento—about  $\frac{1}{4}$  cup to each cup chicken. Other meat may also be combined with chicken—ham and smoked tongue or sweetbreads.

The famous Chicken à la King combines mushrooms and pimiento with chicken in a rich cream sauce, usually containing chicken stock and egg yolk.



# Poultry and MEATS

## Stewed Chicken

CLEAN chicken and cut into pieces. Drop into boiling water, to which an onion, a carrot, a rib of celery and seasoning have been added. As liquid will increase in volume, chicken need only be covered to the depth of  $\frac{1}{2}$  inch. Cover pot closely. Simmer until tender (2 hours or more), but do not boil. Remove chicken from pot. Make gravy, adding milk or cream to it. When boiling add chicken and serve at once, with dumplings, rice, or strips of pie-crust.



## Chicken Creole

STEW chicken as above and serve in a rice or noodle ring with this sauce, or use left-over roast chicken.

- |   |   |
|---|---|
| 3 tbsps. chicken fat                                | 1 cup chicken broth or thinned gravy          |
| 2 tbsps. chopped onion                              | 1 tsp. lemon juice                            |
| 2 tbsps. chopped green pepper                       | $\frac{1}{2}$ tsp. horseradish                |
| 3 tbsps. flour                                      | $\frac{1}{2}$ cup sautéed mushrooms           |
| $\frac{1}{4}$ tsp. each salt and paprika            | $\frac{1}{2}$ cup chopped pimiento (optional) |
| $\frac{1}{2}$ cup tomato purée or strained tomatoes |   |

Sauté onion and green pepper in chicken fat. Stir in flour, add tomato, seasonings, mushrooms, pimiento and salt to taste. Enough for 2 cups chicken.

## Jellied Chicken

STEW chicken as above, adding bay leaves and peppercorns to water for added flavor. Use 6 cups water for a 4- to 5-lb. fowl. When chicken is tender, remove it from pot and boil down liquid to 3 cups. Clarify by adding 1 egg white, bring to boiling point, remove to cool place. After 10 minutes skim and strain.

Soak 2 tbsps. unflavored gelatin in  $\frac{1}{4}$  cup cold water, dissolve it in  $\frac{1}{2}$  cup boiling stock, add to remaining stock, season if needed. Chill until nearly set. Add chicken meat cut from bones, 1 cup canned or sautéed mushrooms, 2 sliced hard-cooked eggs, 12 stuffed olives or  $\frac{1}{4}$  cup sliced celery. Chill until firm. Serve with mayonnaise.

See recipe for Ham Mousse for a delicious jellied salad that may be made with left-over chicken, substituting chicken for ham.

Veal may be prepared in the same manner and molded into individual forms with quartered peaches, fresh or canned, to make a beautiful luncheon dish. (See illustration.)

## Squabs

**Broiled:** Dry-pluck, singe, draw, cut off necks, wipe neatly, and truss fine, large squabs; split them without detaching halves, lay on a dish, and season each with  $\frac{1}{2}$  tsp. salt and a little pepper evenly sprinkled on. Cover each well with 1 tsp. salad oil; broil 6 minutes on each side; arrange each squab on two pieces of toast, and serve with butter-sauce made by blending 2 tbsps. butter, 1 tsp. finely chopped parsley, juice of  $\frac{1}{2}$  lemon, and a little grated nutmeg. Serve sauce on top and garnish with slice of broiled bacon.

**Roasted:** Prepare fine, small squabs as above; do not split, but truss like chicken; place in roasting pan, sprinkle with a little salt, and spread  $\frac{1}{2}$  tsp. butter over each; put pan into hot oven and roast 12 minutes; remove, untruss, dress on hot dish, placing each bird on toast. Skim fat from gravy and make into a white sauce, serving separately.

## Poultry Stuffing

- |                                      |   |
|--------------------------------------|---|
| 4 cups bread                         | 2 tbsps. chicken or other fat               |
| 2 tbsps. salt                        | $\frac{1}{3}$ cup hot water or giblet stock |
| $\frac{1}{4}$ tsp. pepper            | Giblets, if desired                         |
| 1 egg, slightly beaten               |   |
| $\frac{1}{2}$ tsp. poultry seasoning |   |
| 1 tbsp. minced onion                 |   |

BREAK bread into small pieces and measure, packing down firmly. The bread should be stale but not dry. Add other ingredients, blending together with fork. Last add giblets which have been stewed until tender in salted water, drained and chopped in small pieces. Sufficient for large chicken or small turkey. Use 2 cups bread for 3-lb. chicken; 4 cups for 12-lb. turkey.

## Dressing Variations

**Celery:** Add  $\frac{1}{2}$  cup sliced celery to dressing, cooked until almost tender. Use celery water in dressing. Or cook celery with giblets.

**Apple:** Add 1 cup or more chopped apples to dressing;  $\frac{1}{2}$  cup raisins (optional).

**Oyster:** Add 1 cup drained oysters to dressing and moisten with oyster liquor plus milk.

**Potato:** Use all or half mashed potatoes instead of bread. One cup sausage meat may be included.

**Rice:** Use 3 cups cooked rice and 1 cup bread crumbs;  $\frac{1}{2}$  cup sliced celery and  $\frac{1}{4}$  cup sliced green pepper (optional).

**Chestnut:** Shell and skin 1 lb. chestnuts, cook until soft and put through potato ricer or sieve. Measure 2 cups pulp, add to 2 cups bread crumbs and proceed with recipe.



# MEATS

# and Poultry

## GAME BIRDS

### Quail and Partridge

**Roast:** Dress and prepare as any other bird for roasting, handling carefully. Truss; lay a thin layer of larding fat on breast of each; place in roasting pan, spreading a little butter on each, and moisten with  $\frac{1}{2}$  cup water; season with salt and pepper; roast in brisk oven—18 minutes for quail and 25 minutes for partridge—baste frequently; Untruss, place each bird on toast. Garnish with parsley or cress. Strain gravy in bowl and serve separately.

**Braised:** Prepare as above; season, lard, and spread with butter; put into frying pan with a piece of pork rind,  $\frac{1}{2}$  carrot and  $\frac{1}{2}$  onion, both chopped, and any herbs desired. Sauté to a golden brown, moisten with  $\frac{1}{2}$  cup water. Place in oven and cook 20 minutes.

**Broiled:** Prepare for cooking. Split each bird through the back without separating halves; spread on a plate and season each with salt and pepper, and brush all over with salad oil, breaking leg joints to flatten them out. Put to broil over moderate fire, and broil 6 minutes for quail, 7 minutes for partridge, on each side. Serve on toast with sauce.



### Roast Wild Duck

CLIP wing tips and remove coarse guard feathers, leaving duck covered with down. Melt a cake of paraffin and cover entire surface of bird with a brush. When paraffin is hard, pull it off, carrying feathers with it. Draw duck.

If duck is not entirely fresh, rinse well in cold water to which  $\frac{1}{2}$  tsp. baking soda has been added for each quart. Dry thoroughly inside and out. Fill cavity with skinned onions, or chopped apples and raisins, season with salt and pepper, place in roasting pan, cover breast with strips of salt pork or bacon, or brush with butter. Bake in hot oven about 30 minutes. Remove if you like the traditionally rare wild duck.

If not, reduce heat, add  $\frac{1}{2}$  cup boiling stock or water and cover to bake 30 minutes longer. Make gravy by thickening drippings and adding sour cream or water. Serve with currant or cranberry jelly and rice.

A delicious stuffing may be prepared, using 2 cups bread crumbs and  $\frac{1}{4}$  lb. braunschweiger sausage, cut fine, mixed with  $\frac{1}{4}$  cup melted butter, salt and diced onion.

## SAUCES AND GRAVIES

THE most important of these are White Sauce or Cream Sauce, and Pan Gravy.

Master these and you are in a fair way to becoming a good cook.

It is simple to learn to make good sauces and gravies, and indifferent foods can be made delicious by their addition.

They are worth attention and a little care, which is all they require, for they are made with ingredients usually at hand.

### Gravies



Good gravy, like good soup, may be made from scraps.

Barely cover them with cold water. Use celery tops, parsley stems, other vegetables and vegetable peelings. Any vegetable that will make good soup will make good gravy. (See Leftover Soup.)

Cover these ingredients and simmer them until they are tender. Strain stock. Season it lightly at first with salt. Use it for basting meat, stewing meat and in soups and gravies.

### Pan Gravy

THIS is of two kinds—gravy made from pan drippings and gravy made from liquor in which meat has been stewed or roasted.

1. Pan gravy for meats that have been sautéed.

Remove meat from pan. If there is an excess of fat, pour off all but about 2 tbsps. Add  $1\frac{1}{2}$  tbsps. flour to pan. Stir until smooth, add  $\frac{3}{4}$  cup of boiling water, milk, or stock; cook gravy until smooth and thick, stirring it with a wire whisk. Season gravy and color with a few drops of coloring, strain and serve. These proportions may be varied.

2. Pan gravy for meats that have been roasted or stewed.

Strain stock in which meat has been cooked into saucepan; place pan in cold water. This will cause fat to rise. Skim and use as a basis for gravy in about these proportions:

3 tbsps. fat	1 cup strained stock
2 tbsps. flour	Seasoning

Heat fat, add flour and when this bubbles, add stock. Stir gravy until thick and smooth. When making gravy from fat meats, it will sometimes separate. Add a little cream very slowly, stirring all the time, and gravy will become smooth. Taste gravy and if not good, add paprika, celery salt, catsup (sparingly) beef cubes, canned stock, etc. Keep coloring on hand. Add enough to make gravy a fine color. A little burnt sugar will serve the purpose.



# Poultry and MEATS

## White Sauce, or Cream Sauce

2 tbsps. butter  
1 1/2 tbsps. flour  
1/4 tsp. salt

1/8 tsp. paprika  
1 cup of hot milk

MELT butter and add flour. Stir until ingredients are smooth, add seasoning and gradually the hot milk. Use a wire whisk to stir sauce and boil it for 2 minutes. This will make a thin sauce. For a heavier sauce, increase flour to 2 or 3 tbsps. and use an equal amount of butter. Cream may be substituted for milk. Nutmeg, lemon juice, etc., may be added for flavor.

### Variations:

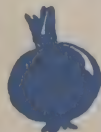
1. Use part cream and part vegetable or meat stock instead of milk.

2. When sauce is cooked (either with milk or stock) remove from fire, beat in 1 or 2 egg yolks. Return sauce to fire and stir over low heat for 1 or 2 minutes to permit egg to cook, but do not let sauce boil again. Season egg sauce with 1 tbsp. of lemon juice.

3. Minced onion, celery or green pepper may be added to sauce, also chopped hard-cooked eggs, minced olives or pickles, tarragon or parsley.

4. Sauce may be seasoned with prepared or dry mustard, curry powder, Worcestershire sauce, soy sauce, horseradish, sherry or white wine, etc. Do not cook sauce after sherry or wine is added.

## Onion Sauce



ADD chopped, boiled, well-drained onions to boiling White Sauce. Onions may be put through sieve. Good with an egg yolk beaten into it. See above.

## Hollandaise Sauce

1/2 cup butter  
2 egg yolks  
1 tbsp. lemon juice

1/4 tsp. salt  
1/3 cup boiling water  
(optional)

BEAT yolks in small saucepan, using wire whisk. Add half the butter and all the lemon juice. Place saucepan over (not in) boiling water. Stir sauce until it thickens, then add remaining butter, bit by bit, add the water slowly. Should sauce separate, add to it very slowly 2 tbsps. heavy cream. Serve sauce at once.

The best way to make this sauce is to put it into a small earthenware bowl that fits tightly into the opening of a tea kettle partly filled with boiling water. If you wish to keep sauce hot, place it over hot but not boiling water and cover it. Reheat by stirring over boiling water.

## Mushroom Sauce

DILUTE canned mushroom soup or sauté 1/2 cup sliced fresh mushrooms with butter for white sauce. Canned mushrooms may be added when sauce is done. Use liquid in place of part milk.

## Cheese Sauce

SOFT cheese may be melted in double boiler and thinned with a little milk, or grated cheese may be added to white sauce and stirred over low heat until melted. Use 3/4 cup or less diced or grated cheese. Season sauce with red pepper and mustard (optional).

## Mock Hollandaise Sauce

1 tbsp. butter  
3 egg yolks  
1 tsp. cornstarch

1/2 tsp. lemon juice  
1 cup boiling water  
1/4 tsp. salt

SOFTEN butter, add egg yolks and beat well. Add cornstarch and lemon juice. Just before serving, add 1 cup boiling water very, very slowly. Use bowl and teakettle of boiling water as described above. Stir sauce over steam until it thickens.

## Tomato Sauce

2 cups or more canned tomatoes, or fresh tomatoes stewed  
1 slice of onion  
2 ribs of celery with leaves (optional)  
Parsley (optional)  
1 carrot (optional)

1/2 green pepper (optional)  
3 tbsps. butter  
3 tbsps. flour  
1/4 tsp. salt  
1/8 tsp. pepper  
1/4 tsp. sugar

COOK vegetables for 15 minutes. Strain and season. Melt butter, add flour and when smooth, add strained stock gradually. Stir sauce until smooth and thick. If vegetables other than tomatoes are cut in small pieces, tied in a bag and cooked with tomatoes, they may be taken from bag and replaced in sauce just before it is removed from fire.

## Quick Tomato Sauce

HEAT 1 can tomato soup. Add 2 tbsps. butter and (optional) 1 chopped onion. May be thinned with boiling stock or water.

## Barbecue Sauce I

ADD 1/4 cup each vinegar and catsup, 1 tsp. brown sugar, 1 tbsp. Worcestershire, or 1 tsp. chili powder, to Quick Tomato Sauce. Or use tomato purée instead of soup.



# MEATS

# and Poultry

## Barbecue Sauce II

USE  $1\frac{1}{2}$  cups water, 1 cup vinegar,  $\frac{1}{2}$  cup tomato catsup,  $\frac{1}{2}$  cup chopped onions, 2 tbsps. Worcestershire sauce or 1 tsp. chili powder, 1 tsp. salt and  $\frac{1}{2}$  tsp. pepper. (Or see Barbecue Sauce.) Bring to boiling, pour over meat and roast in moderate oven, according to general rules, basting occasionally.

## Tartar Sauce

1 tsp. mustard	$\frac{1}{2}$ cup oil
$\frac{1}{8}$ tsp. pepper	3 tbsps. vinegar
1 tsp. powdered sugar	1 tbsp. chopped olives
$\frac{1}{4}$ tsp. salt	1 tbsp. chopped cucumber pickles
Onion juice	1 tbsp. chopped parsley
Yolks of 2 eggs	

COMBINE ingredients in order given, adding oil slowly, alternately with vinegar, as in Mayonnaise Dressing. This sauce, with parsley omitted, will keep for weeks.

## Raisin Sauce

$\frac{1}{2}$ cup raisins	$\frac{1}{8}$ tsp. pepper
2 cups water	1 tsp. dry mustard
$1\frac{1}{4}$ tbsps. cornstarch	$\frac{1}{3}$ cup brown sugar
$\frac{1}{8}$ tsp. salt	$\frac{1}{4}$ cup vinegar or cider

ADD raisins to water and simmer 10 minutes. Combine cornstarch, mustard, salt, pepper and brown sugar; add vinegar and blend well. Add cornstarch mixture to raisins and water; cook about 3 minutes longer.

## Brown Sauce

2 tbsps. butter	1 cup brown stock
$\frac{1}{2}$ slice onion	Salt
2 tbsps. flour	$\frac{1}{8}$ tsp. paprika or pepper

ONE cup boiling water and 1 beef cube may be substituted for stock. Melt butter and brown onion in it. Remove onion. Add flour and seasoning and permit them to brown. Add stock gradually, bring sauce to the boiling point and boil for 2 minutes. This sauce is good for left-over meat dishes. Chopped mushrooms, pickles or olives may be added.

## Currant Jelly Sauce

1 cup Brown Sauce	1 tbsp. sherry
$\frac{1}{4}$ glass currant jelly	

DISSOLVE jelly in hot Brown Sauce or in one cup lamb, etc., gravy; add sherry.

## Sauce for Boiled Meats

MAKE White Sauce. Use stock in which meat was boiled instead of milk. Mustard may be added, also chopped parsley, pickles, chili sauce, etc.

## Drawn Butter

MELT butter. Let brown slightly. Add lemon juice and chopped parsley.







# SALADS

"**E**AT SOME raw fruit or vegetable every day," is the advice of dietitians, and there is no pleasanter way of including these foods in the daily diet than as salads.

Salad combinations are infinite—from the hearty main dish types that are often a meal in themselves, the lighter dinner salads that are appetizing accompaniments to the usual meat, potatoes and vegetables, to the sweet, rich dessert salads that may take the place of a sweet or be served with dainty sandwiches or hot rolls at a party instead of the over-served ice cream and cake. Any of these types may be in the form of gelatin salads—especially in individual portions, and these also make it possible to make the salad a day or two ahead of serving. The gelatin base preserves the appearance and flavor of ingredients perfectly when kept in an icebox or any place cold enough to prevent melting of gelatin.

The following salad recipes are merely suggestions—they may be varied to suit your tastes, your needs or the ingredients of your larder. Don't be afraid to experiment!

Nor need salads be elaborate. Plain lettuce or cabbage slaw may be given new interest with a new dressing. The recipes given for three basic salad dressings—Cooked, Mayonnaise and French, have several variations which may be improvised upon to suit your fancy.

Don't give up the idea of serving salad when lettuce is scarce. A lettuce base is not a necessity, especially when the salad contains some crisp ingredients like celery or cabbage. Use a few tender celery leaves, a sprig or two of parsley, young cabbage leaves, water-cress, even tender raw spinach when lettuce, endive or romaine, the customary salad greens, are lacking.

## MAIN DISH SALADS

### Potato Salad

6 large potatoes	1 tsp. salt
1 large onion	1 tsp. celery salt
½ cup vinegar	½ tsp. pepper
3 tbsps. bacon grease	½ tbsp. flour

BOIL potatoes, peel, chill, slice; finely chop onion; mix. Mix vinegar, bacon grease and seasonings. Heat to boiling and thicken with flour; pour over potatoes and onion, mix and cool. Serve on lettuce leaves; or garnish with sprigs of parsley.

Variations may include the addition of 2 to 4 hard-cooked eggs, 2 to 4 tbsps. chopped sweet red or green peppers, ½ to 1 cup sliced cucumbers, tomatoes, or celery, or combination of any of these. For Herring Salad, 2 or 3 smoked salt herring, cut in pieces, and ½ cup sliced pickled beets.

For a tasty supper salad, add 4 to 6 cooked, sliced frankfurters or wieners.

### Grapefruit and Shrimp Salad

1 cup grapefruit segments	⅓ cup cucumber, diced
1 cup shrimps, flaked	¾ cup celery, cut fine
	½ cup mayonnaise

Toss ingredients lightly together with a fork. Salt to taste. Serve on crisp lettuce, garnished with additional mayonnaise. Oranges may be substituted for grapefruit, and crabmeat for shrimp.

### Salmon Salad

2 cups flaked canned salmon	½ cup diced dill pickle
2 tbsps. lemon juice	¼ tsp. salt
½ cup sliced celery	½ cup mayonnaise

SQUEEZE lemon juice over salmon. Add remaining ingredients. Serve in mounds on lettuce with additional mayonnaise. Tuna fish may be used instead of salmon and sweet pickle or peas substituted for dill pickle.



# SALADS



## Salmagundi Salad

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 1 cup boiled potatoes,<br>diced | 2 pimientos, chopped             |
| 2 cups cooked meat,<br>diced    | $\frac{1}{2}$ cup celery, diced  |
| $\frac{1}{2}$ cup cooked peas   | 2 sweet pickles, finely<br>diced |
|                                 | $\frac{1}{2}$ cup mayonnaise     |

Toss ingredients together lightly. Meat may be ham, tongue, pork, veal, beef, or combination. Salt to suit taste. Arrange on lettuce. Garnish with additional mayonnaise and sections of hard-cooked egg, if desired.

## Stuffed Egg Salad

SEE chapter on breakfast and luncheon dishes.

## Chicken Salad

- |                                   |                              |
|-----------------------------------|------------------------------|
| 2 cups diced chicken              | 1 sweet red pepper           |
| 1 cup diced celery                | $\frac{1}{2}$ cup mayonnaise |
| 6 stoned, chopped green<br>olives |                              |

Mix meat, celery, olives and  $\frac{1}{2}$  pepper, par-boiled and cut in pieces, or use canned pimientos. Salt to taste. Moisten with mayonnaise and serve in mounds, decorated with remaining pepper, cut in strips.

Two or 3 diced hard-cooked eggs, cooked peas ( $\frac{1}{4}$  to  $\frac{1}{2}$  cup) may be used instead of olives. For Mock Chicken Salad, use lean veal or pork.

## DINNER SALADS



### Stuffed Tomato Salad

SCALD tomatoes of uniform size and remove skins. Chill. Just before serving, cut each tomato into 4 to 6 sections, without severing at stem end. Fill center with cottage cheese, decorated with chopped chives or paprika, with sliced celery or shredded cabbage and mayonnaise, or with meat or fish salad mixture.

For Poinsettia Salad, fill center with chopped hard-cooked egg and celery, moistened with mayonnaise and topped with grated yolk. Serve on lettuce and pass French dressing.

### Kidney Bean Salad

- |  |   |
|--|---|
| 1 No. 2 can kidney beans<br>(2 $\frac{1}{4}$ cups) | $\frac{1}{2}$ cup sliced celery                                   |
| $\frac{3}{4}$ cup chopped sweet<br>pickle          | $\frac{3}{4}$ cup mayonnaise or<br>cooked salad dress-<br>ing, or |
| 2 hard-cooked eggs,<br>sliced                      | $\frac{1}{2}$ cup cream and $\frac{1}{4}$ cup<br>pickle vinegar   |

COMBINE ingredients in order given, chill thoroughly. Serve on lettuce.

## Carrot and Cabbage Salad

COMBINE equal parts shredded cabbage and raw carrots with French dressing to moisten. Serve on lettuce. A little finely cut green pepper may be added.

## Banana and Apple Salad

COMBINE equal parts grated banana and unpeeled tart red apples. Sprinkle a few drops of lemon juice over fruit to prevent darkening. Moisten with mayonnaise. Add a few tablespoons salted peanuts, other nut meats or seedless raisins.

## String Bean Salad

MIX 2 cups cooked string beans with 1 tbsp. finely cut chives or onion. Arrange on lettuce. Garnish with thin slices of radish. Serve with French dressing.

## Spring Salad

PLACE sections of tomatoes, slices of cucumber, thin slices of radishes, slices of tiny green onions, a few strips of green pepper and if desired, a few cooked asparagus tips, in a bowl with leaf lettuce and watercress, or arrange on salad plates. Moisten with French dressing, if to be served from bowl; or pass dressing for individual serving.

## Orange Salad

PEEL and slice California oranges. Arrange 3 or 4 over-lapping slices on individual beds of lettuce. Garnish with finely sliced hearts of celery or seedless raisins. Serve with French or mayonnaise dressing.

## Frozen Cheese Salad

- |   |  |
|---|--|
| $\frac{1}{3}$ cup Roquefort or<br>other snappy cheese | $\frac{1}{4}$ cup finely sliced celery |
| $\frac{1}{3}$ cup cream or cottage<br>cheese          | $\frac{3}{4}$ cup shredded cabbage     |
| 2 tps. lemon juice or<br>vinegar                      | $\frac{1}{2}$ cup mayonnaise           |
|   | $\frac{1}{2}$ cup whipping cream       |

CRUSH cheese, mash thoroughly, blend with cream or smooth cottage cheese, lemon juice or vinegar. Add finely cut celery and cabbage. Sweet green or red peppers, or sliced olives instead of all or part celery. Season to taste. Whip cream, fold in mayonnaise and combine with salad mixture. Pack in ice and salt. Freeze for 6 hours, or for 4 hours in tray of mechanical refrigerator. Serve in slices on lettuce.



## Stuffed Prune Salad

STEW or steam large prunes until tender. Cool, remove pits and stuff with cream or cottage cheese, softened with a little cream. Add chopped nut meats, if desired, or use peanut butter, softened with a little mayonnaise. Serve on lettuce with French dressing, about 3 prunes to a serving.

## Slaw De Luxe

CHOP 1 medium head (about 1 lb.) cabbage fine and mix with 3 tbsps. raisins and 2 apples, cut in small pieces. Leave skins on if apples are red and crisp. Mix with a dressing of 2 bananas, mashed and moistened with  $\frac{2}{3}$  cup orange juice. Or use 1 cup mayonnaise or cooked dressing, if preferred.

## DESSERT SALADS

### Party Salad

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 2 oranges                          | 1 cup quartered marsh-          |
| 2 bananas                          | mallows                         |
| 4 slices canned pine-              | $\frac{1}{2}$ cup mayonnaise    |
| apple                              | 1 cup whipped cream             |
| 4 halves canned peaches            | (Use $\frac{1}{2}$ for garnish) |
| $\frac{1}{4}$ cup raisins or green | 2 tbsps. sugar                  |
| grapes                             | Maraschino cherries             |
|                                    | (optional)                      |

PEEL oranges and bananas, cut fruit in pieces and mix together. Add raisins or green grapes and marshmallows, cut in quarters with damp scissors. Whip cream with sugar. Add half the whipped cream to mayonnaise and fold into salad mixture. Let stand several hours in refrigerator or cold place before serving. Will keep well if made day before using. Top each serving with spoonful of whipped cream and maraschino cherry, if desired.

For Frozen Fruit Salad, omit marshmallows, add  $\frac{1}{2}$  cup juice from canned fruit and freeze in mechanical refrigerator or mold, packed in ice and salt.

### Pineapple-Strawberry Salad

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1 pt. strawberries                | $\frac{1}{3}$ cup mayonnaise    |
| $\frac{1}{2}$ tbsp. lemon juice   | $\frac{1}{3}$ cup whipped cream |
| $\frac{3}{4}$ cup diced pineapple |                                 |
| (sweeten if fresh)                |                                 |

SPRINKLE berries with lemon juice and sugar. Add well-drained pineapple. Arrange on lettuce and top with dressing of mayonnaise and whipped cream. Sprinkle with chopped nut meats, if desired.

## Peach Cup Salad

- |                                |                                  |
|--------------------------------|----------------------------------|
| 12 halves canned or            | $\frac{1}{4}$ cup chopped nuts   |
| fresh ripe, peaches,           | $\frac{1}{4}$ cup seeded raisins |
| peeled                         | 2 or 3 tbsps. apple but-         |
| $\frac{1}{2}$ cup diced celery | ter                              |

ON BED of lettuce arrange two peach halves for each serving. Fill centers with mixture made by combining celery, nuts, raisins and apple butter. Garnish with mayonnaise, or half mayonnaise and whipped cream.

## Bunny Pear Salad

FOR each serving, spread mayonnaise between two halves canned pears. Fasten together with toothpicks and lay on shredded lettuce. Put two candy cinnamon drops on either side of stem end for "eyes." Cut "ears" out of marshmallows with a damp scissors, and fasten above eyes with pieces of toothpick. Use a whole marshmallow for the tail, and place a "carrot" in front of the rabbit made of soft yellow cheese with a sprig of parsley for greens.

## Candlestick Salad

FOR each serving, place a slice of canned pineapple on lettuce. Insert a small banana, upright, in hole of pineapple. Use a quarter pineapple slice for "handle." Top banana with maraschino cherry, or with almond or Brazil nut meat. Dribble mayonnaise down side of banana to look like wax. Brazil nuts may be lighted just before serving.

## Butterfly Salad

FOR each serving, cut slice of canned pineapple in half, and arrange two halves, with cut sides out on lettuce to represent wings. Place a large date, stoned and filled with cream cheese in between wings for body of butterfly. Slice stuffed olives and arrange as pattern on wings. Use thin strips of pimiento or green pepper for feelers. Serve with mayonnaise which may be fluted around butterfly with a pastry tube.

## Melon Salad

PEEL watermelon and ripe cantaloupe, and cut into thin slivers. Add seedless grapes, or any sweet grapes, seeded. Serve with torn lettuce and sweetened French dressing in large wooden or china bowl which has been rubbed with garlic.



# SALADS



## JELLIED SALADS

### Tomato Aspic Salad

- |                              |                                      |
|------------------------------|--------------------------------------|
| 1 can tomatoes (No. 2 1/2)   | 1 tsp. salt                          |
| 1 small onion minced         | 1/2 tsp. paprika                     |
| 1 bay leaf                   | 1 tsp. sugar                         |
| 4 ribs of celery with leaves | 2 tbsps. mild vinegar or lemon juice |

BOIL ingredients for 20 minutes. Strain. Soak 2 tbsps. gelatin in 1/2 cup cold water. Dissolve it in hot tomato juice. Add water to make 4 cups liquid. Chill aspic until set. Olives diced, celery, green peppers, carrots minced, or diced meat, or fish may be added to the aspic when it is about to set.

NOTE. Four cups tomato juice, seasoned, may be substituted for water and tomato stock.

### Tomato Aspic Ring

PREPARE Tomato Aspic. Pour into wet ring mold. Chill until firm, unmold onto lettuce. Fill center with cottage cheese, sliced cucumbers, or fish salad, chicken salad, etc.

### Tomato-Cheese Salad

- |                             |   |
|-----------------------------|---|
| 1 can condensed tomato soup | 1/2 cup mayonnaise  |
| 1 tbsp. gelatin             | 1/4 tsp. salt   |
| 1/4 cup cold water          | 1/4 to 1/2 cup chopped celery, olives, pickles, sweet peppers, etc. |
| 1 cup smooth cottage cheese |   |

SOAK plain gelatin in water 5 minutes. Heat soup to boiling. (Do not dilute it.) Dissolve gelatin in soup. Cool and stir in cheese and mayonnaise. When mixture begins to thicken, add chopped relishes. Pour into shallow pans or individual molds to harden. Serve on shredded lettuce. Cut in squares if molded in one pan.

### Holiday Chicken Salad

- |                          |                              |
|--------------------------|------------------------------|
| 2 tbsps. gelatin         | 2 cups chicken, cut in cubes |
| 1/4 cup cold water       | 1/2 cup chopped cooked ham   |
| 3 cups hot chicken broth | 1/2 cup chopped celery       |
| 1 cup mayonnaise         | 1/2 tsp. salt                |
| 1 to 2 tps. onion juice  |                              |

SOAK plain gelatin in cold water 5 minutes, then add to broth and stir until dissolved. Add onion juice, salt and mayonnaise. Beat until well blended. Chill and when thick, stir in chicken, ham and celery. Place in 9-inch bread pan and chill until firm. Serve on shredded lettuce or cabbage with mayonnaise.

### Pineapple-Cucumber Mold

- |                              |   |
|------------------------------|---|
| 1 pkg. lime gelatin          | 3 slices canned pineapple, diced                  |
| 1 cup hot water              | 2 pimientos, shredded                             |
| 1 cup canned pineapple juice | 1 medium cucumber, finely cut, salted and drained |
| 1 tbsp. vinegar              |   |

DISSOLVE gelatin in hot water. Add pineapple juice and vinegar. Chill. When slightly thickened, fold in pineapple, pimientos, and cucumber. Turn into mold. Chill until firm. Unmold on crisp lettuce. Serve with mayonnaise.



### Jellied Tuna Fish Salad

- |                         |                                    |
|-------------------------|------------------------------------|
| 1 pkg. lemon gelatin    | 1 cup peas, fresh-cooked or canned |
| 1 cup hot water         | 2 tbsps. pimiento, finely chopped  |
| 1 cup cold water        | 1/2 cup mayonnaise                 |
| 2 tbsps. vinegar        |                                    |
| 1 tsp. salt             |                                    |
| 1 cup tuna fish, flaked |                                    |

DISSOLVE gelatin in hot water. Add cold water, vinegar, and salt. Chill. When slightly thickened, fold in remaining ingredients. Blend. Turn into individual molds. Chill until firm. Unmold on crisp lettuce. Garnish with additional mayonnaise.

### Cardinal Salad

- |                      |                                    |
|----------------------|------------------------------------|
| 1 pkg. lemon gelatin | 2 tps. lemon juice or grated onion |
| 1 cup hot water      | 1 tbsp. horseradish                |
| 3/4 cup beet juice   | 3/4 cup celery, diced              |
| 3 tbsps. vinegar     | 1 cup cooked beets, diced          |
| 1/2 tsp. salt        |                                    |

DISSOLVE gelatin in hot water. Add beet juice, vinegar, salt, onion juice, and horseradish. Chill. When slightly thickened, fold in celery and beets. Turn into mold. Chill until firm. Unmold on crisp lettuce. Garnish with mayonnaise.

### Golden Glow Salad

- |                              |   |
|------------------------------|---|
| 1 pkg. orange gelatin        | 1/2 tsp. salt                             |
| 1 cup hot water              | 1 cup canned pineapple, diced and drained |
| 1 cup canned pineapple juice | 1 cup grated raw carrot                   |
| 1 tbsp. vinegar              |   |

DISSOLVE gelatin in hot water. Add pineapple juice, vinegar and salt. Chill. When slightly thickened, add pineapple and carrot. Turn into individual molds. Chill until firm. Unmold on crisp lettuce. Garnish with mayonnaise.



## SALAD DRESSINGS

### French Dressing

2 tbsps. sugar	1/2 cup vinegar or lemon juice
1 1/2 tbsps. salt	1/4 cup water
1 tsp. powdered mustard	3/4 cup salad oil
1 1/2 tbsps. paprika	
1/2 tsp. pepper	

MEASURE dry ingredients into deep bowl. Add vinegar, or lemon juice, or half each. Stir until sugar and salt are dissolved. Then add oil slowly, beating vigorously until thick.

**Variations:** (Using 1/2 cup French Dressing).

1. Cheese: Add 2 tbsps. grated, sharp, dry cheese such as Parmesan, or 2 to 4 tbsps. crumbled Roquefort cheese and 1/2 tsp. Worcestershire sauce (optional).

2. Chiffonade: Add 1 tbsp. parsley, 1 tsp. onion, 1 hard-cooked egg and 2 tbsps. cooked beets, all finely chopped.

3. Curry: Add 1/2 tsp. curry powder and 1 tsp. each minced parsley, grated onion and lemon rind.

4. Pickle: Add 2 tbsps. finely chopped sweet pickles or relish.

5. Russian: Add 2 tbsps. chili sauce, 1 tbsp. minced green pepper and few drops onion juice.

6. Tomato: Add 2 tbsps. catsup (especially good combined with pickle) or combine 1 can condensed tomato soup with original recipe, omitting water.

### Cooked Salad Dressing

1/2 tsp. mustard	1 egg
1 1/2 tbsps. salt	1/2 cup milk or water
1 tbsp. sugar	1/4 cup vinegar
2 tbsps. flour	1 1/2 tbsps. butter
1/4 tsp. paprika	

Mix mustard, salt, sugar, flour and paprika together. Add beaten egg and mix well. Scald milk in top of double boiler, add egg mixture slowly. Cook, stirring constantly, until mixture begins to thicken. Add vinegar slowly and continue to cook, while stirring, until

thick. Add butter and stir until melted. If dressing is not perfectly smooth, remove from fire and beat.

This dressing is fine thinned with sour or sweet cream.

### Mayonnaise Dressing

1 egg yolk	3/4 tsp. salt
2 tbsps. vinegar or lemon juice	1/8 tsp. pepper
1/4 tsp. mustard	3/4 cup salad oil

BEAT egg yolk and add 1 tbsp. vinegar or lemon juice. Add mustard, salt and pepper. Beat well. Drop oil, a teaspoon at a time into egg mixture, beating constantly until 1/4 cup has been added. Then add in larger quantities, beating thoroughly after each addition. As mixture thickens add remaining vinegar or lemon juice (half of each may be used), a little at a time. Have all ingredients equally cold when mixing. Store in cool place in clean jars.

**Variations:** (To foundation recipes for cooked and mayonnaise dressing).

1. Fruit: Fold in 1/2 cup whipped cream. Use all lemon juice instead of vinegar in mayonnaise and fruit juices instead of milk in cooked dressing.

2. Horseradish: Add 3 tbsps. prepared horseradish, plus 1/4 cup whipped cream for fluffy dressing.

3. Ruby: Beat in 1/4 to 1/2 cup cranberry jelly.

4. Tarragon: Use all or half tarragon vinegar, plus 2 tbsps. each chopped onion and parsley.

5. Tartar: Add 2 tbsps. finely chopped sour pickle, and 1/2 tsp. each chopped parsley and onion plus optional 1 tbsp. chopped stuffed or plain green olives and 1/2 tbsp. capers.

6. Thousand Island: Add 3 or 4 tbsps. chili sauce and 1 tbsp. finely chopped onion or chives, plus 2 to 4 tbsps. chopped stuffed or plain olives, sweet green or red peppers, or parsley as desired.





# WAFFLES *and* GRIDDLE CAKES

**G**RIDDLE CAKES should be light, not too thin and properly cooked without excess fat. Waffles should be crisp and crunchy. For cakes, use an iron griddle or a sheet of polished steel thick enough to hold an even heat. For waffles, use a regulation waffle-iron.

Provide a small bowl of melted cooking fat. Grease griddle or iron with small brush kept for the purpose. Batters should be beaten until blended only.

The batter may be poured from a small pitcher. The heat should be kept just under the smoking point. The proper turning point is detected by the air bubbles rising to the surface of the batter and breaking as it is cooking.

## Whole Wheat Cakes

2 cups whole wheat flour	1 tsp. sugar or molasses
4 tps. baking powder	1 tbsp. melted butter
½ tsp. salt	2 eggs, beaten
1¾ cups milk	

SIFT together flour, baking powder, and salt. Mix milk, beaten eggs, melted butter and sweetening. Combine them with dry ingredients. Beat until blended. Bake on slightly greased hot griddle.

**Graham Wheat Cakes** may also be made by above recipe by using 1 cup wheat flour and ½ cup graham flour in place of whole wheat flour. Batter should be a little thinner than for plain wheat cakes.

## Southern Corn Cakes

1½ cups corn meal	1 tbsp. molasses
1½ cups boiling water	½ cup flour
¾ cup milk	4 tps. baking powder
1 tbsp. shortening	1 tsp. salt

SIFT together flour, baking powder and salt. Scald corn meal in boiling water, add milk, shortening and molasses. Mix dry ingredients with meal mixture. Beat batter until blended. Bake on hot, slightly greased griddle.

## French Pancakes

2 eggs	2 tbsps. sugar
¾ cup sifted flour	⅔ cup milk
½ tsp. salt	⅓ cup water
1 tsp. baking powder	

BEAT eggs and add ingredients in order given. Heat large skillet. Melt 2 tbsps. butter and pour batter into it. Cook it over slow fire until it is brown underneath. Turn it and brown the other side, or

Heat 5-inch skillet. Grease it with 1 tsp. oil, add a small quantity of batter and let spread over bottom of pan. When brown underneath, reverse and brown other side.

Spread pancake with jelly, roll and sprinkle it with powdered sugar. Use a teaspoon of oil or butter for each pancake.

## Chef's Wheat Cakes

2 cups flour	1 tsp. sugar
1 cup milk	½ tsp. fine salt
1 tbsp. butter	2 eggs, separated
3 tps. baking powder	

SIFT well together flour, baking powder, sugar and salt. Add beaten egg yolks, melted butter and milk. Beat until blended. Fold in well-beaten egg whites. Bake on lightly greased hot griddle.

## Buckwheat Cakes

1 cup buckwheat flour	1 cup cold water
½ cup wheat flour	¼ cup milk
3 tps. baking powder	1 tbsp. melted shortening
¾ tsp. salt	

SIFT together flours, baking powder, salt and sugar. Add melted shortening to milk and water, and mix with dry ingredients, beating until blended. Bake on hot, slightly greased griddle.

## Rice Griddle Cakes

1 cup cooked rice	1 cup flour
1 cup milk	2 tps. baking powder
1 tbsp. butter	1 egg, beaten
½ p. salt	

MIX the rice, milk, butter, well-beaten egg, and salt. Gradually add and stir in the flour and baking powder, sifted well. Mix well, bake on hot, slightly greased griddle.

## Plantation Pancakes

2 cups sifted flour	1 tsp. soda
2 cups sour milk	¼ tsp. salt

SIFT dry ingredients. Stir into milk. Stir until batter is blended. Drop large spoonfuls on a hot greased griddle.



# *Griddle Cakes and* WAFFLES

## Fruit Pancakes

PREPARE batter for French Pancakes. When fat in skillet is hot, pour in one half.

Sprinkle over it about 1 cup peeled, cored and very finely sliced apples. Pour remaining batter over apples.

When cake is brown underneath, turn and brown other side. Sprinkle pancake well with powdered sugar.

Blueberries, bananas, peaches, etc., or canned fruit, drained, may be substituted for apples. Canned or stewed fruit may be substituted for fresh, if well drained.

## German Potato Pancakes

6 large raw potatoes      1 tsp. salt  
3 eggs beaten              2 tbsps. flour  
1 tsp. sugar                2 tbsps. milk (optional)  
1/8 tsp. baking powder

PEEL potatoes and soak for several hours in cold water.

Grate them, put potato pulp in a piece of cheese cloth and press out excess water.

Place pulp in mixing bowl, add other ingredients. Sauté batter in hot fat, turn cakes when browned underneath, brown other side.

Serve hot with apple sauce.

## Fritter Batter

1 cup flour                      1 egg  
1 1/2 tbsps. baking powder      1 tbsp. melted butter  
1/4 tsp. salt                      3/4 cup milk

SIFT dry ingredients. Combine liquid ingredients. Beat all together with a few swift strokes.

Dip oysters, chops, egg plant, etc., into this batter. If it is to be used for fruit, add to batter 2 tbsps. sugar and 1 tbsp. lemon juice.

Fry fritters in deep fat. (See chart.)

Apples, bananas, pineapple, apricots, etc., make delicious fritters. Soak them for two hours previously in powdered sugar and a little lemon juice or wine. Canned or stewed fruit, well drained, may be substituted for fresh.

## Waffles

1 3/4 cups sweet milk              3 tbsps. baking powder  
2 cups flour                      1/2 tsp. salt  
1/2 cup melted butter            2 eggs, separated

BEAT egg yolks, and add milk. Add flour to make a stiff batter. Add melted butter, or other shortening, and salt. Add baking powder. Fold in stiffly beaten egg whites.

Bake batter in well-greased hot waffle iron until brown. Serve hot with butter and syrup. This will make six large waffles.

One or two tablespoons sugar may be added if waffles are preferred slightly sweetened.

## Fruit Waffles

ADD 2 tbsps. of sugar to waffle batter.

Before folding in egg whites, add to batter 3/4 cup sliced bananas or 3/4 cupful well-drained fresh, stewed or canned fruit—pineapple, apples, blueberries, apricots, prunes, etc.

Serve waffles with fruit juice.



## Nut Waffles

ADD 2 tbsps. sugar to waffle batter.

Before folding in egg whites, add 1/2 cup chopped nut meats.

(Dates or figs may also be used.)

## Yeast Waffles

1 cake yeast                      1 tbsp. shortening  
1/4 cup warm water              1 tsp. salt  
1 3/4 cups milk, scalded          2 eggs, separated  
2 cups flour

TO SCALDED milk, add salt and melted shortening.

When cooled to lukewarm, add yeast dissolved in warm water, then add flour. Beat well and set in warm place to rise about one and a half hours. Just before baking, stir in beaten egg yolks and fold in well-beaten egg whites. Bake in hot waffle iron and serve hot.

By using 1/4 cake yeast, mixture may be made up and set to rise over night, ready for an early breakfast.

## Corn Meal Waffles

1 1/2 cups corn meal              1 cup flour  
1 1/2 cups boiling water          1/2 tsp. soda  
6 tbsps. shortening              1 tbsp. sugar  
3 eggs, separated                1/2 tsp. salt  
1/2 cup sour milk or buttermilk      3 tbsps. baking powder

COMBINE and stir corn meal and water. Add shortening. Stir until melted.

Stir in beaten egg yolks and milk. Sift flour with remaining ingredients. Add to batter. Fold in beaten egg whites.



# WAFFLES *and* GRIDDLE CAKES



## Corn Meal Waffles with Bacon

PLACE  $\frac{1}{2}$  slice bacon on each waffle section.  
Pour over cornmeal waffle batter. Bake as directed. Bacon fat may be used for shortening.

## Sour Milk or Buttermilk Waffles

2 cups flour	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ tsp. soda	2 eggs, separated
2 tsps. baking powder	$1\frac{3}{4}$ cups sour milk
1 tbsp. sugar	6 tbsps. melted butter

SIFT dry ingredients. Beat egg yolks. Add milk and shortening. Combine liquid and dry ingredients. Fold in beaten egg whites.

## Sour Cream Waffles

2 cups thick sour cream	1 tsp. soda dissolved in
3 egg yolks	1 tbsp. boiling water
1 cup cake flour	3 egg whites
2 tsps. baking powder	

COMBINE first six ingredients. Fold in stiffly beaten egg whites.

## Ham or Meat Waffles

### *{Left-Over Waffles}*

PREPARE any waffle batter. Add to it one cup finely diced ham or cooked meat, fish or drained cooked vegetables.

## Ice Cream Cones

ICE CREAM CONES are baked in specially shaped baking irons made on the principle of waffle irons; it is not likely that these will be found in the average household, but the idea of the cone may be converted into an ice cream sandwich made from cone batter.

### Cone Batter:

1 cup granulated sugar	Enough water to form a
4 cups fine pastry flour	good drop batter
	Vanilla extract to flavor

BAKE in ordinary waffle irons, and form into a sandwich with ice cream between.







## GENERAL RULES AND TERMS FOR BAKING

**Preheat the Oven** to degree given in recipe before placing dough in it.

**To Beat:** Mix with vigorous strokes with a circular over and over motion.

**To Blend:** Combine ingredients until thoroughly mixed.

**To Cream:** Combine shortening and sugar with a slotted spoon or with the hand until well blended and fluffy—like whipped cream. Use butter that has been in room temperature long enough to be fairly soft.

**To Cut in:** Combine butter or shortening with flour by cutting fat into flour with a pastry blender or two knives until it is reduced to small particles.

**To Dredge:** Cover ingredients completely with flour or crumbs.

**To Fold in:** Applies to ingredients into which air has been beaten and in which you wish to retain the air. Fold heavier into lighter mixture by a downward and over action enclosing all air possible until ingredients are blended.

**To Grease:** Spread cake pans or tins with unsalted fat (or beeswax for cookies).

**To Knead:** Press dough with the palms of hands, then fold farthest edge to center. Repeat action, turning dough as you knead it.

**To Stir:** Mix with a level circular motion.

**To Whip:** Applies to whites of eggs or to heavy cream. Beat very lightly with a circular over and over motion to incorporate air.

**To Work:** Combine stiff ingredients with spoon or hand until they hold together.

**To Fill:** Allow for rising of bread, cake, soufflés, etc. Fill pans only two-thirds full.

**To Measure Brown Sugar:** Pack it firmly into the cup.

**To Measure Shortening:** Pack firmly into cup; melt before measuring if melted shortening is called for.

**To Measure Molasses, Syrup or Honey:** Pour it into spoon or cup. If immersed, liquid will cling to bottom and sides and measurement will be inaccurate.

**To Scald Milk:** Put in saucepan over slow heat or in double boiler. It is scalded when small beads appear around the edge.

**To Substitute Sour Milk for Sweet:** Allow  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp. soda to each cup sour milk, depending on its acidity.

## YEAST BREADS

### White or Whole Wheat Bread

3 cups liquid  
2 tbsps. salt  
3 tbsps. sugar

3 tbsps. fat  
2 cakes yeast  
3 qts. sifted flour

THE liquid used may be milk, milk and water or potato water. A good combination is  $\frac{1}{3}$  cup milk and  $\frac{2}{3}$  cup water. Scald milk, add water and let cool to lukewarm. Break up yeast and soften in  $\frac{1}{2}$  cup of liquid. Add remaining liquid, salt, sugar and fat, which may be lard, butter, a combination of each, or butter substitute. Add flour, mixing thoroughly, until dough is soft enough to be conveniently handled, but not sticky. A little more or less flour may be needed, according to the kind of flour or liquid used. Knead dough thoroughly, until smooth and elastic; form into ball and put in bowl to rise in temperature of 80° to 85° F. Cover with piece of moist cheese-cloth to prevent cracking.

When dough has risen to double its bulk, in about 1  $\frac{1}{2}$  hours, knead again and let rise as before, which takes 50 minutes. This second rising may be omitted, but it helps to give a good texture and fine, even grain to the bread. Divide dough, mold into loaves, and place in oiled pans for last rising. Brush top of each loaf with a little melted fat. When loaves have risen to twice their original size, put in hot oven. After the first 10 to 15 minutes, turn loaves around to even baking, reduce heat to moderate and continue baking until done, 45 to 60 minutes, in all. Like cake, bread will shrink from sides of pan and have a firm crust when done. Remove loaves from pan and place on rack to cool as soon as bread is taken from oven.

This recipe makes 3 loaves, weighing 1  $\frac{1}{2}$  pounds each.

To make whole wheat bread, the same directions may be followed, substituting whole wheat flour, for all or part of the white flour. Those who do not care for the crumbly, moist texture of the entire wheat bread prefer half white and half whole wheat flour. When whole wheat is used, the dough should be somewhat stiffer than that used for all white flour and should not rise quite as long but should bake longer in a slower oven.

Raisins, nuts, figs or dates may be added to bread dough while kneading it into loaves. (See illustration.)



# BAKING

## *Yeast and Hot Breads*

### Butter Rolls

FROM this basic roll dough you may prepare any form of rich roll, to suit your taste, or the requirements of the occasion.

For instance, to make Parker House rolls, roll the prepared dough  $\frac{3}{4}$  inch thick, cut with a round, floured cutter, crease in middle with a floured knife handle, rub one half with melted butter, fold the other half over and place on greased tins, 1 inch apart for final rising.

For clover leaf rolls, divide prepared dough into even portions the size of a hickory nut. Shape into smooth balls and place 3 balls in the bottom of each well of greased muffin tin. Brush tops with butter and let rise.

Sandwich rolls are shaped into small round loaves, weighing about 1 ounce each. The tops should be brushed with melted butter. For Vienna rolls, taper the ends of sandwich rolls by rolling with the hand. Slash top diagonally with a knife and do not brush with butter for a hard crust. Plain rolls may also be baked in muffin pans. Poppy or caraway seed may be sprinkled over the top before baking. To prepare use these ingredients:

2 cakes yeast	1 egg
2½ cups sifted bread flour	1½ cups lukewarm skim milk
1 tsp. salt	2 tbsps. sugar
3 tbsps. butter	

PLACE yeast in cup and cover with lukewarm water. Sift flour, measure, add salt and sift into warm mixing bowl. Rub butter soft into flour until butter is absorbed. Beat egg very lightly. Pour water off yeast. Add sugar to yeast, stir mixture into warm milk and add beaten egg. Beat this liquid into the flour to form a smooth batter. Cover bowl and fold a piece of blanket over it. Set in warm place to rise for about 2 hours until very light.

Gradually stir about  $2\frac{3}{4}$  more cups of sifted flour into the light sponge, or until dough is stiff enough to clear away from sides of bowl. Then dust hands and pastry board with flour and knead until elastic and smooth. Place back in bowl, cover, fold blanket over and set in warm place to rise again until doubled in bulk, for 2 to 3 hours.

Then roll out dough on floured board, slapping with flat of hands to remove any air bubbles, about an inch thick for most kind of rolls. Cut out or shape as desired. Lay in greased pans, about 1 inch apart, brush with milk and bake in hot oven for the first 5 or 10 minutes or until the rolls begin to brown. Then reduce heat to moderate and bake about 10 minutes longer, or until a toothpick inserted in one of them comes out clean. (See illustration.)

*Shown in photograph are White and Whole Wheat Bread, page 71; Rye Bread, page 74; Boston Brown Bread, page 74; Butter Rolls, page 72; Sweet Rolls and Coffee Cake, pages 72, 73; Gingerbread, page 75; Cornbread, page 75; Muffins, page 76; Doughnuts, page 83.*

### Coffee Cake and Sweet Rolls

IF YOU know how to put together a basic sweet dough, you will have no trouble evolving the various delicious coffee cakes or rolls that the baker sells. It is simply a matter of variety in topping or in shaping.

Ingredients for a sweet dough, suitable to the average-sized family, include:

1 cup milk	1 cake yeast
2 tsps. salt	2 eggs
2½ tbsps. sugar	2½ cups sifted flour
5 tbsps. fat	

Dissolve salt and sugar in one-half the liquid and mix yeast with the other half. Combine the two mixtures and let stand at about 80° F. for  $\frac{1}{2}$  hour. To this mixture add melted fat, slightly beaten eggs and flour to make a stiff batter. Put in covered bowl and let stand at 80° F. again for  $\frac{1}{2}$  hour. Then beat dough thoroughly in bowl. For coffee cake, spread in greased cake tins about  $\frac{1}{3}$  inch thick and allow to rise until double in bulk (about 45 minutes at 80° F.). Add topping. Bake in hot oven for about 30 minutes. For rolls, add extra ingredients and shape as desired. Let rise until double in bulk (about 30 minutes at 80°). Bake in hot oven for about 10 to 20 minutes.



Popular toppings for coffee cake are:

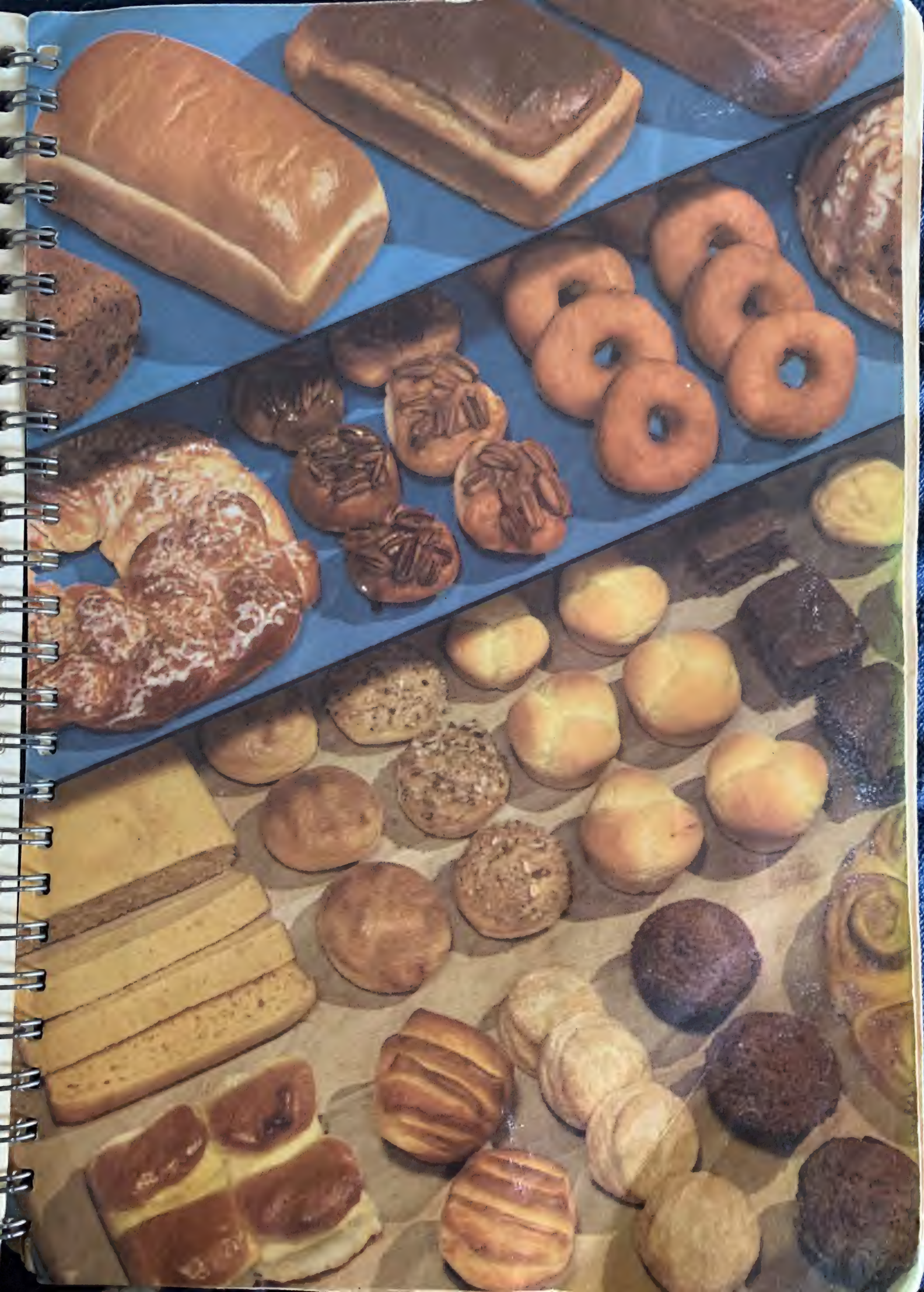
**Strudel, or crumb:** Just before baking coffee cake, brush with melted butter and sprinkle over top of each average-sized cake a mixture of 2 tbsps. flour, 2 tbsps. butter, 5 tbsps. sugar and  $\frac{1}{2}$  tsp. cinnamon.

**Apple, or other fruit:** When coffee cake is half raised, during final rising period, place sliced apples, or other fruit, on top, arranged in rows, with one slice overlapping another. Sprinkle sugar and cinnamon and a few currants or raisins on top. Let rise and bake.

**Almond, or other nut:** After cake has been spread in tins and is half raised, sprinkle with a mixture of 1 cup soft, stale bread crumbs, 3 tbsps. sugar, 1 tsp. cinnamon, 3 tbsps. chopped nut meats and 3 tbsps. melted butter.

**Plain butter:** Just before putting cake in oven spread with a layer of softened butter, about  $\frac{1}{8}$  inch thick and sprinkle lightly with sugar, cinnamon and a few chopped nuts, if desired.







# BAKING

## *Yeast and Hot Breads*

Easily prepared sweet roll variations include:  
**Cinnamon buns:** Roll out a piece of sweet dough that is ready for use, about 8 inches wide and  $\frac{1}{3}$  inch thick. Spread with soft butter and sprinkle sugar and cinnamon on top. Then fold over in 3 folds, and cut in strips, about  $\frac{3}{4}$  inch thick. Place close together in greased pan and let rise. When ready to bake, sprinkle granulated sugar on top and put in oven.

**Caramel rolls:** Prepare cinnamon buns, cut the slices  $1\frac{1}{2}$  inches thick. Mix a few raisins with dough before shaping it, if desired. Cream 6 tablespoons shortening, with 6 tablespoons brown sugar, and spread mixture on bottom and sides of a deep iron skillet, or other heavy pan. Sprinkle with pecan meats, if desired. Place slices in pan and let rise, then bake and turn out, upside down. (See illustration.)

### Salt Rising Bread

$\frac{1}{2}$ cup coarse white cornmeal	1 tbsp. sugar
4 cups milk	5 tbsps. lard
$\frac{3}{4}$ tsp. salt	$10\frac{1}{2}$ cups sifted bread flour

SCALD 1 cup milk and pour over cornmeal. Let stand in a warm place to ferment, about 24 hours. Heat 3 cups milk with salt, sugar and lard until lukewarm. Stir in  $3\frac{1}{2}$  cups flour and then the cornmeal mixture. Place bowl containing these ingredients in pan of lukewarm water for about 2 hours, or until bubbles work up from bottom. Then stir in 5 cups flour and knead in  $2\frac{1}{2}$  cups.

Place dough in three 5 x 10-inch pans until it has doubled in bulk. Bake in moderate oven for about 10 minutes; then increase heat to moderately hot oven gradually. Bake bread 45 to 60 minutes in all. Do not attempt to bake bread in cold damp weather unless house is heated. Be sure to protect batter from draughts.

### Rye Bread

4 cups rye flour	2 tbsps. lard
2 cups graham or whole-wheat flour	1 cake yeast, crumbled
$\frac{1}{3}$ cup brown sugar	$1\frac{3}{4}$ cups lukewarm water
$1\frac{1}{2}$ tps. salt	4 tps. caraway seed (optional)

PLACE flours, sugar, salt, lard and yeast in bowl and work with fingers until well blended. Then gradually work in water and caraway seeds. Cover dough with cloth and let rise 8 hours. Work again for about 2 minutes. Fill 2 greased 5 x 10-inch pans three-fourths full. Let dough rise to top of pan and bake in moderate oven 45 to 60 minutes. Remove bread at once from pans, spread with melted butter or cream and replace in oven to bake about 10 to 20 minutes longer. This insures a fine brown crust. (See illustration.)

### Refrigerator Rolls

THOSE who like short cuts, will want to try this recipe, which can be kept in the icebox as long as a week, before baking:

1 cake yeast	1 tsp. salt
$\frac{1}{2}$ cup lukewarm water	1 cup mashed potato
1 cup scalded milk	4 to 5 cups sifted flour
$\frac{2}{3}$ cup shortening	2 eggs
$\frac{1}{2}$ cup sugar	

Dissolve yeast in lukewarm water, scald milk and add shortening, sugar, salt, and mashed potato. When mixture has cooled to lukewarm, add dissolved yeast. Mix thoroughly and add just enough flour to make a thin batter. Cover and set in warm place until double in bulk. Add beaten eggs and stir in enough flour to make a stiff dough. Turn out on slightly floured board and knead thoroughly until smooth and pliable. Put into greased bowl large enough to allow for rising, cover with clean cloth, and set in cold place.

When rolls are wanted, pinch off dough, shape, and let rise until double in bulk (from  $1\frac{1}{2}$  to 2 hours). Bake in hot oven about 10 to 20 minutes.

### QUICK BREADS

QUICK breads—the name given to biscuits, muffins, cornbreads, etc., leavened with baking powder or soda instead of yeast. Easily and quickly prepared, this group includes many delicious varieties easily evolved by learning the standard recipe for each one.

#### Banana Bread

$1\frac{3}{4}$ cups sifted flour	2 eggs
2 tps. baking powder	1 cup mashed bananas
$\frac{3}{4}$ tsp. salt	(3 bananas)
$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup melted shortening

SIFT flour, measure, add other dry ingredients, sift again. Beat eggs, add mashed bananas and shortening. Stir these ingredients into first mixture, blending only enough to mix well. Pour into greased loaf pan and bake in a moderate oven about 15 to 30 minutes.

#### Boston Brown Bread

1 cup yellow corn meal	1 tsp. salt
1 cup rye flour	2 cups sour milk
1 cup graham flour	$\frac{3}{4}$ cup molasses
2 tps. baking soda	1 cup chopped raisins

MIX dry ingredients together and slowly mix in milk and molasses, mixed together, and raisins.

Pour batter into buttered mold. Fill  $\frac{3}{4}$  full. Steam for  $3\frac{1}{2}$  hours, over boiling water. In smaller molds, such as baking powder cans, batter will steam in  $1\frac{1}{2}$  to 2 hours. (See illustration.)





# YEAST *and* HOT BREADS \* BAKING

## Gingerbread

*{With or Without Topping}*

1/2 cup shortening  
1 cup sugar  
2 EGGS  
3 cups sifted flour  
1 tsp. nutmeg

2 tsps. baking soda  
1/2 tsp. salt  
1 1/2 tsps. ginger  
1/2 cup boiling water  
1/2 cup molasses

### Topping:

1/4 cup flour  
1/4 cup soft shortening  
or butter

1/2 cup brown sugar  
2 tsps. cinnamon  
1/2 cup chopped nut meats

CREAM shortening and sugar. Beat in eggs, one at a time. Sift flour, soda, salt and spices together, and add to creamed mixture alternately with water and molasses, combined together, beating until well blended. Bake in greased 8 x 11-inch pan in moderate oven about 30 to 40 minutes.

For topping, combine ingredients, sprinkle them over surface of the gingerbread when it is partly baked. Put back in oven to bake until done, about 5 or 10 minutes longer.

Gingerbread is good cut into squares and served hot with raisin sauce. (See illustration.)

## Prune Bread

1/4 cup shortening  
1/2 cup sugar  
1 egg  
3/4 cup prune pulp  
1/4 cup prune juice  
1 cup sour or butter-milk

1 1/2 cups sifted flour  
1/2 tsp. salt  
1 tsp. baking soda  
1 1/2 cups whole wheat flour  
1 cup broken nut meats

CREAM shortening with sugar, beat in egg and add unsweetened cooked prune pulp and juice. Or if pulp from sweetened prunes is used, omit sugar. Sift dry ingredients together and add alternately with milk to creamed mixture.

Blend batter with a few swift strokes and fold in nut meats. Place bread in 2 small or 1 large greased loaf pan. Bake in moderate oven for about 55 minutes to 1 1/4 hours. Let cool in pan.

## Date-Nut Bran Bread

2 cups chopped dates  
1 tsp. baking soda  
2 cups boiling water  
2 eggs  
3/4 cup brown sugar

2 cups wholewheat flour  
2 cups bran cereal  
2 tsps. baking powder  
1 tsp. vanilla  
1 cup (or less) nut meats

SPRINKLE soda over dates and pour over boiling water. Let stand while preparing other ingredients. Beat eggs, add brown sugar gradually, beating constantly. Add part of flour combined with baking powder, part of date mixture, and then remaining ingredients.

Bake in a greased pan in moderate oven for about 30 minutes to 1 hour.

## Sally Lunn

1/2 cup shortening  
1/2 cup sugar  
3 eggs  
2 cups sifted flour

3 tsps. baking powder  
1/2 tsp. salt  
1 cup milk

CREAM shortening, add sugar gradually, beat well. Sift together flour, baking powder and salt and add alternately with milk to first mixture. Bake in greased pan in hot oven, about 20 minutes. Break into 12 squares. Serve hot.

The topping given in gingerbread recipe may be used with Sally Lunn, or the powdered sugar mixtures suggested with Sour Cream Coffee Cake.

## Sour Cream Coffee Cake

1 1/2 cups flour  
1 cup sugar  
2 tsps. baking powder  
1/8 tsp. salt

1 cup sour cream  
1/2 tsp. baking soda  
1 or 2 eggs

COMBINE cream and egg. Beat well. Add dry ingredients sifted together and spread dough in shallow, lightly greased pan. Bake in moderate oven about 15 to 30 minutes. While hot spread top with powdered sugar and chopped nuts, or with butter, cinnamon and powdered sugar.

## Spoon Bread

1 1/2 cups boiling water  
1 cup corn meal  
1 egg  
1 tsp. lard

1 cup sour or butter-milk  
1 tsp. baking soda  
3/4 tsp. salt

POUR boiling water over corn meal and let cool. Beat in egg, milk, soda and salt. Pour batter into hot greased, 7-inch baking dish. Bake in moderate oven for 30 to 40 minutes.

Add a few tablespoons milk from time to time if you wish to keep bread soft, using in all 1/2 cup sour or sweet milk. This will call for longer baking—about 45 minutes in all.

## Cornbread

1 cup white or yellow corn meal  
1 cup sifted flour  
4 tsps. baking powder  
1 to 3 tsps. sugar

1 tsp. salt  
1 1/2 cups milk  
2 to 3 eggs  
2 tsps. melted shortening

BEAT eggs and add dry ingredients, mixed and sifted together, alternately with milk. Add melted shortening, beat well and pour into shallow greased pan.

Bake in a hot oven about 15 to 30 minutes. May also be baked in hot greased muffin or corn stick pans for about 10 to 20 minutes.



# BAKING

## *Yeast and Hot Breads*

### Biscuits

2 cups sifted flour  
4 tsps. baking powder  
½ tsp. salt

2 tbsps. shortening  
¾ cup milk

SIFT together dry ingredients, blend in shortening with a pastry blender or 2 knives until mixture is the consistency of coarse corn meal. One or 2 more tablespoons shortening may be added for richer biscuits, and part water may be used with milk. Make a well in center of flour mixture, pour in liquid and stir vigorously with a fork for ½ minute. Then turn out onto a lightly floured board and knead gently and quickly for another ½ minute.

Roll dough with lightly floured rolling pin or pat it out gently to the desired thickness—about ¼ inch for plain biscuits, ½ inch for tea biscuits and 1 inch for shortcake. Cut dough with biscuit cutter, dipped in flour. Tops may be brushed with milk or melted butter for a soft, well-browned crust. Place ½ inch apart on a greased baking sheet and bake in a hot oven about 7 to 15 minutes.

### Biscuit Variations

**Drop Biscuits:** Add 2 tbsps. or more milk to biscuit recipe, stir dough about 1 minute and drop by spoonfuls on greased baking sheet and bake according to regular biscuit recipe.

**Sour Milk Biscuits:** Use 3 tsps. baking powder and ½ tsp. soda instead of the 4 tsps. baking powder called for in regular biscuit recipe; 2 tbsps. shortening and ¾ cup sour or buttermilk instead of sweet milk. Mix and bake according to regular recipe.

**Orange Biscuits:** Add grated rind 1 orange and 1 tbsp. sugar to dry ingredients of biscuit recipe. When biscuits are ready for oven, press a sugar cube, dipped quickly into orange juice into each biscuit and bake as usual.

**Pineapple Biscuits:** Use part canned pineapple juice instead of milk in biscuit recipe. Dent tops of biscuits and fill with drained crushed pineapple. Sprinkle lightly with powdered sugar and bake as usual.

**Cheese Biscuits:** Add ¾ cup grated or finely chopped cheese to regular biscuit recipe and substitute water for one half the milk.

### Muffins

2 cups sifted flour  
3 tsps. baking powder  
½ tsp. salt  
2 tbsps. sugar

2 eggs  
1 cup milk  
4 tbsps. melted shortening



SIFT together dry ingredients, add beaten eggs and milk, mixed together, and shortening, stirring together as rapidly as possible. Pour batter into greased muffin tins and bake in a hot oven about 10 to 20 minutes.

### Muffin Variations

**Blueberry Muffins:** Follow above recipe for muffins, adding 3 more tbsps. sugar and folding into the batter 1 cup blueberries (well drained if canned) slightly floured.

**Apple Muffins:** Fold into regular muffin batter ½ cup peeled, chopped apple. Fill muffin tins and place a round of peeled apple, ½ inch thick, dipped in a mixture of 1 part cinnamon and 4 parts sugar, on top of each muffin. Bake as usual.

**Sour Milk Muffins:** Substitute 1 cup sour milk for sweet milk; use 2 tsps. baking powder and ½ tsp. baking soda instead of 3 tsps. baking powder.

**Bacon Muffins:** Sauté 4 to 6 slices of bacon and break in small pieces. Use bacon grease instead of 4 tbsps. oil, shortening, and only 1 tbsp. sugar. Fold in bacon bits just before putting batter in pans.

**Fruit and Nut Muffins:** Flour ⅓ cup chopped dates, raisins or nuts, or a combination of either, or ½ cup finely chopped candied fruit and add to regular muffin batter.

**Bran or Graham Muffins:** Use 1 cup bran cereal or graham flour instead of 1 cup white flour in regular muffin recipe. Add ½ tsp. baking soda and 1 or 2 tbsps. brown sugar or dark molasses and omit 1 egg. If desired, ¼ cup raisins may be added.

**Pinwheel Biscuits:** Roll out biscuit dough ½ inch thick and spread surface with 4 tbsps. soft butter, ¾ cup brown sugar and, if desired, chopped nuts or raisins, or both, mixed together. Roll up like jelly roll. Cut in 1-inch slices, set well apart in greased pan and bake in quick oven about 15 minutes.

**Biscuit Sticks:** Cut biscuit dough into strips, ½ inch high, ½ inch wide and 3 inches long. Brush with melted butter and bake. Serve stacked in log cabin fashion.

**Whole Wheat Biscuits:** Use 2 cups unsifted whole wheat flour instead of white flour in biscuit recipe and use 3 tbsps. shortening in all. When biscuits are ready to go into oven, dot each with a dab of butter.

### Beaten Biscuits

4 cups flour  
1 tsp. salt  
1 tbsp. sugar

4 tbsps. chilled lard  
1 cup milk and water  
(chilled)

SIFT flour, salt and sugar 3 times. Cut lard in with pastry blender or 2 knives. When consistency of corn meal, add to make a stiff dough approximately 1 cup very cold milk and water. Then knead dough with biscuit machine or beat with mallet until well blistered. This is a long process requiring ½ hour or more. When dough is smooth and glossy, roll it out ½ inch thick and cut with a biscuit cutter. Spread tops with melted butter, pierce them with a fork and bake in moderately slow oven about 15 to 30 minutes.





# Doughnuts and PIES

## Plain Pie Crust

1½ cups flour  
1 tsp. baking powder  
½ tsp. salt

6 tbsps. shortening  
¼ cup water

SIFT flour, baking powder and salt together. Then cut in cold vegetable shortening or lard with a dough blender (more effective than the 2-knife method) until it resembles coarse meal.

Add cold water slowly (this is the crucial point) until the dough is moist enough to stick together in a firm ball but not so sticky that it sticks to hand or bowl. One or two more tablespoons water may be needed, depending upon kind of flour used.

Put in refrigerator to chill for about an hour (not absolutely necessary, but a help in rolling). Then put dough on lightly floured board and roll out with light outward motions about ¼ inch thick. Put in pie pan, patting down firmly, and trimming off surplus. Press down edges with fork or two fingers for scalloped effect. If it is to be baked before filling is added, prick bottom with fork a few times.

For top variations see illustration.

Pie crust should be baked in a hot oven until thoroughly browned. This amount makes enough for one 2-crust pie.

## Hot Water Crust

THIS amazingly quick, easy pie crust dough which improves with age keeps a week in a cold place:

½ cup shortening  
¼ cup boiling water  
1¼ cups sifted flour

½ tsp. baking powder  
½ tsp. salt

Pour water over shortening and beat until mixture is cold and creamy. Sift dry ingredients together. Stir until a smooth ball is formed. Cover dough and chill until firm. Roll out and bake as for regular pie crust. Enough for a 2-crust pie.

## Pie Crust Variations

**Cheese Crust:** Prepare plain pie crust or hot water crust and add to the portion reserved for upper crust, ½ cup grated American cheese. Good with apple pie.

**Spiced Crust:** Add to sifted ingredients for pie dough, 2 tbsps. powdered sugar and ⅛ tsp. each cinnamon and nutmeg.

**Nut Crust:** Add ½ cup any finely ground nut meats to dough. Black walnuts are especially good with pumpkin pie.

**Lemon Crust:** Instead of all water, use 2 tbsps. lemon juice and 2 tbsps. or more water in making pie crust. Add to sifted ingredients, 1 tsp. grated lemon rind and ½ tsp. sugar, and if desired for color, 1 egg yolk, beaten with lemon juice.

**Orange Crust:** Use all orange juice instead of water in making pie crust, and add 1 tbsp. sugar and ½ tsp. grated orange rind to sifted ingredients.

## Crumb Crusts

1½ cups fine crumbs of graham crackers, Zwieback or cookies such as ginger snaps, vanilla wafers or chocolate wafers

¼ to ½ cup sugar (optional)  
1 tsp. cinnamon (optional)  
½ cup melted butter

ADD sugar to crumbs, depending upon taste and type used. Cookie crumbs will need no sugar, while Zwieback will require the larger amount if you have a sweet tooth. Cinnamon may also be added to give more flavor to graham cracker or Zwieback crumbs. Stir in butter. Reserve ½ cup of mixture.

Place remainder in a deep 9-inch pie pan. Pat firmly with the palm or a spoon against bottom and sides to form a shell. Chill thoroughly before filling with any cooked pie filling. It is only necessary to bake the crust if used at once without chilling. In this case it may be baked with meringue.

## Puff Paste

THE real secret of puff paste is to have it ice cold when put in the oven.

Ingredients are:

2 cups sifted flour  
1 cup shortening

1 tsp. salt  
¼ cup ice water

Mix and sift flour and salt. Cut in 2 tbsps. shortening with a knife or dough blender. Add only enough water, a few drops at a time, to make the dough stick together.

Knead 5 minutes, cover and chill. Roll out to ¼ inch thickness, keeping the paste a little wider than long and the corners square. Soften remaining shortening, with fingers, in bowl of cold water, and shape in circular pieces. Place in center of one half the paste. Fold other half over it, pressing edges firmly to enclose as much air as possible. Fold right side over and left side under the enclosed shortening. Chill. Roll out, away from you, keeping the paste always rectangular in shape.

Fold ends toward center, making 3 layers. Chill. Roll out, fold again, chill and repeat process 4 times.



# PIES

# and Doughnuts

## Patties

TO MAKE patty shells, roll out puff paste  $\frac{1}{4}$  inch thick. Cut with a round, floured cutter and remove centers from one half these circles with a smaller cutter. Wet the edges of the whole circles and place the rings on them. Brush tops carefully with an egg, slightly beaten and mixed with 1 tbsp. water, taking care not to moisten sides.

Chill in icebox until paste is stiff. Bake in hot oven about 10 to 20 minutes. The small centers can be baked in a hotter oven for 10 minutes and used as tops after shells are filled.

## Rule for Meringue

2 egg whites  
 $\frac{1}{8}$  tsp. salt  
 $\frac{1}{2}$  tsp. vanilla

4 tbsps. sugar, granulated or powdered

ADD salt to egg whites. Beat, using flat wire whisk, until they stand in peaks and are stiff, but not dry. Add sugar very slowly,  $\frac{1}{2}$  tsp. at a time. Beat constantly. Beat in vanilla. Bake meringue in slow oven for about 10 minutes.

## Fresh Fruit Pies



FIRST prepare pie crust according to your favorite method. Arrange a lower crust in the pie pan. Prick bottom with fork in several places and put in hot oven to bake for 10 or 15 minutes, or until lightly browned. Remove from oven to cool.

Meanwhile prepare fruit, using 1 quart of cherries or berries, or 3 cups peeled and sliced peaches or other fruit. Mix 1 cup sugar with 3 tbsps. flour, using a little more sugar for very tart fruit such as gooseberries.

Add a few grains of salt and stir this mixture into the prepared fruit. Put on low fire and stir constantly until juice is thickened and fruit tender, but still whole. Let cool. Pour into baked pie shell. Top with upper crust or lattice strips.

Place on baking sheet (so juice will not run over into oven) and put back in hot oven to bake for another 10 or 20 minutes, or until top is well browned. (See illustration.)

## Apple Pie

6 medium-sized apples  
 $\frac{1}{2}$  to  $\frac{2}{3}$  cup white or brown sugar  
 $\frac{1}{4}$  tsp. cinnamon  
 $\frac{1}{8}$  tsp. nutmeg  
 $\frac{1}{8}$  tsp. salt  
1 to  $1\frac{1}{2}$  tbsps. cornstarch  
 $1\frac{1}{2}$  tbsps. butter

PEEL, core and slice apples thin. Sift sugar, spice and salt over apples and stir gently until well coated. Place apples in layers in pie shell, dotting each layer with bits of butter.

If apples lack flavor, sprinkle with 1 tbsp. lemon juice and  $\frac{1}{2}$  tsp. grated lemon rind; if dry, add 2 tbsps. water or cream. Cover with pricked upper crust and bake in hot oven until done—about 30 to 40 minutes.

This pie may also be baked without top crust, using unpeeled apples sliced into segments. (See illustration.)

## Dried Peach or Apricot Pie

$\frac{3}{4}$  cup sugar  
2 cups dried peaches or apricots  
 $1\frac{1}{2}$  cups water  
1 tbsp. butter

SOAK dried fruit in water for several hours, or over night, and cook slowly without sugar until tender. Dredge prepared lower crust with flour, put in layer of fruit, sprinkle generously with sugar; alternate fruit and sugar until crust is filled; distribute butter over top layer; adjust top crust and join around rim with moistened edges; dredge top lightly with flour and bake in moderate oven until well browned.

Lattice strips of pastry may be substituted for top crust.

## Spiced Peach Pie

1 large can peach halves  
 $\frac{1}{4}$  cup brown sugar  
 $\frac{1}{4}$  cup cider vinegar  
 $\frac{1}{4}$  tsp. cinnamon  
 $\frac{1}{8}$  tsp. allspice  
 $\frac{1}{8}$  tsp. cloves  
2 tbsps. cornstarch

EMPTY can of peaches into saucepan, add vinegar, in which sugar has been dissolved with spices. Let simmer, covered, for 10 minutes. Line pie pan with rich pastry. Arrange peaches in pan, cut-side up. If halves are very large, quarter them.

Pour over  $\frac{1}{2}$  cup of syrup in which peaches were cooked, thickened with cornstarch. Cover top with strips of pastry in lattice fashion. Sprinkle top with cinnamon and brown sugar and dot with bits of butter. Bake in hot oven until done for about 15 to 30 minutes.

## Grape Pie

4 cups blue grapes  
 $\frac{3}{4}$  cup sugar  
1 tbsp. quick cooking tapioca  
 $1\frac{1}{2}$  tbsps. lemon juice  
1 tbsp. grated orange rind, or  $\frac{1}{2}$  tsp. grated lemon rind

STEM grapes and slip pulp out of skins. Cook pulp, covered, until seeds loosen. Press it through a coarse sieve to remove seeds. Mix strained pulp with skins, sugar, tapioca, lemon juice and rind.

Line a pie pan with pastry, fill with grape mixture. Cover with lattice or top crust. Bake in hot oven 10 minutes, then lower heat to moderate and bake until done—about 15 to 30 minutes longer.



# \* \* Doughnuts and PIES

## Cheese Pie or Cake

- |                        |                         |
|------------------------|-------------------------|
| 1 cup sugar            | 3 tbsps. flour          |
| 1/4 to 1/2 cup cream   | 1 tsp. vanilla or 2 1/2 |
| 2 lbs. (3 pts.) smooth | tbsps. lemon juice      |
| cottage cheese         | and 1 tsp. grated rind  |
| 4 eggs                 | 1/8 tsp. salt           |

DISSOLVE sugar in cream. (Amount of cream used depends upon moisture in cheese.) Add cheese, well-beaten egg yolks, flour and flavoring. Whip eggs stiff with salt and fold them into cheese mixture.

Pour mixture into zwieback or crumb crust. (Reserve 1/2 cup crumb mixture to sprinkle over top), or into pie crust, previously baked 10 minutes in hot oven or on thin layer of coffee cake dough. Bake in a moderate oven about 1/2 to 1 hour. The filling should be 1 1/2 inches or more deep.

## Squash Pie

- |                     |                    |
|---------------------|--------------------|
| 1 cup cooked squash | 1/2 tsp. nutmeg    |
| 3/4 cup sugar       | 1/2 tsp. ginger    |
| 2 cups milk         | 1/2 tsp. flavoring |
| 1/2 tsp. salt       | 2 eggs             |

BEAT eggs. Add milk and sugar; mash and strain cooked squash and add salt and spices; combine two mixtures, blend well. Fill deep pie shell baked about 5 to 10 minutes in hot oven, and bake in moderate oven until done—about 15 to 30 minutes.

## Pumpkin Pie



- |                   |                 |
|-------------------|-----------------|
| 2 cups pumpkin    | 1/2 tsp. ginger |
| 1/2 cup sugar     | 1/4 tsp. salt   |
| 1/4 tsp. nutmeg   | 3/8 cup milk    |
| 1/2 tsp. cinnamon | 1 egg, beaten   |

Cook and strain pumpkin, or use canned. Add spices, salt and milk and heat through. Stir in egg and pour into pie shell (baked about 5 to 10 minutes in hot oven). Continue baking until done, for about 25 to 45 minutes in moderate oven.

If meringue is liked, use 2 eggs; yolks in filling and whites, beaten with 4 tbsps. sugar for meringue.

## Molasses Crumb Pie

- |                            |                       |
|----------------------------|-----------------------|
| 3/4 cup flour              | 2 tbsps. shortening   |
| 1/2 cup brown sugar        | 1/2 cup molasses      |
| 1/4 tsp. salt              | 1 egg, beaten         |
| 1 tsp. cinnamon            | 1/2 tsp. baking soda  |
| 1/4 tsp. each nutmeg, gin- | 3/4 cup boiling water |
| ger, cloves                |                       |

PREPARE crumbs by creaming shortening, adding sugar, flour, salt and spices. For liquid, dissolve baking soda in water, add molasses and egg.

Line deep pie dish with rich pastry. Sprinkle bottom thickly with crumb mixture. Pour on some of liquid mixture and continue alternating ingredients until crust is filled, having crumbs on top. Bake in hot oven until crust begins to brown. Reduce to moderate heat and continue baking until filling is firm, about 25 to 45 minutes altogether.

May be spread with sweetened, whipped cream, sprinkled with nutmeg and cinnamon.

## Cranberry Pie

- |                    |                    |
|--------------------|--------------------|
| 2 cups cranberries | 1/2 cup cold water |
| 2 tbsps. flour     | 2 tbsps. butter    |
| 1/2 tsp. salt      | 1/4 tsp. nutmeg    |
| 2 cups sugar       |                    |

CUT cranberries into halves. Mix together flour, salt and sugar and sprinkle 2 tbsps. of this mixture into unbaked pie shell. Add remaining sugar mixture to berries with water. Pour into pie shell. Dot with butter and sprinkle with nutmeg. Cover with lattice top and bake in hot oven about 7 to 15 minutes. Reduce heat to moderate and bake until done—about 20 to 35 minutes longer.

For Mock Cherry Pie add 1 cup seeded raisins to cranberries and use only 1 cup sugar.

## Sour Cream Pie

- |                   |                         |
|-------------------|-------------------------|
| 1 baked pie shell | 1 cup thick sour cream  |
| 2 egg yolks       | 1/2 cup chopped, seeded |
| 1 whole egg       | raisins (optional)      |
| 1/2 cup sugar     | 1 1/2 tps. lemon juice  |
| 1/4 tsp. cloves   | (optional)              |
| 1/2 tsp. cinnamon |                         |

BEAT eggs slightly, add sugar, spices, cream, raisins, if desired, and lemon juice, depending upon acidity of cream. Cook in double boiler until thick, stirring constantly. Cool slightly, pour into baked pie shell. Cover with meringue made of 2 egg whites and brown in slow oven until set, for about 8 to 15 minutes.

Meringue may be omitted and pie served hot or cold.

## Custard Pie

- |                  |                 |
|------------------|-----------------|
| 3 eggs           | 1/2 tsp. salt   |
| 3/4 cup sugar    | 1 tsp. vanilla  |
| 2 cups rich milk | 1/2 tsp. nutmeg |

BEAT eggs, add sugar and salt, and beat again; scald milk and add slowly. Stir well. Add vanilla. Pour into pastry shell pre-baked about 5 to 10 minutes in hot oven, place in moderately slow oven about 15 to 30 minutes. When a knife stuck into the center comes out dry, cooking is completed. Sprinkle with nutmeg and cool before serving.

If a thicker pie is desired, prepare a deeper shell and add another egg and 1/2 cup milk to recipe.



# PIES

# and Doughnuts \* \*

## Mince Pie

- |                      |                        |
|----------------------|------------------------|
| 3 lbs. lean beef     | 2 lbs. brown sugar     |
| 1 lb. candied citron | 1 cup sweet cider      |
| 1 lb. suet           | 1 cup meat broth       |
| 5 lbs. apples        | 1 tbsp. each cinnamon, |
| 1 1/2 lbs. currants  | cloves, allspice       |
| 1 1/2 lbs. raisins   | 1 1/2 tbsps. salt      |

BOIL beef until tender and then shred in small pieces or run through food grinder. Add chopped citron, suet and apples, brown sugar, cider, broth from meat, ground spices and salt. Boil ingredients together slowly for 1 hour. Stir occasionally to prevent scorching. Pour at once into hot, sterilized jars and seal tight.

To make pie, pour 3 cups of filling into unbaked pie shell. Cover with top crust and put in hot oven to bake until brown (about 15 to 25 minutes). Because filling is already cooked, baking time is comparatively short. Serve hot.

## Lemon Pie

- |                     |                         |
|---------------------|-------------------------|
| 1 cup sugar         | 2 tbsps. powdered sugar |
| 1/8 tsp. salt       | 1 lemon rind, grated (1 |
| 1/4 cup cornstarch  | large lemon)            |
| 1 cup boiling water | 1/4 cup lemon juice     |
| 1 tbsp. butter      | (about 2 lemons)        |
| 2 eggs, separated   |                         |

Mix cornstarch, sugar and salt. Add water slowly, stirring to dissolve ingredients. Cook 5 minutes, stirring constantly.

Add butter, remove from fire and cool slightly. Add beaten egg yolks, rind and juice of lemon and mix well. Pour filling into baked pie shell, top with meringue. Brown in slow oven. Makes one medium-sized pie.

**Orange Pie:** Use 1 cup orange juice instead of water, grated rind of 1 orange and 1/2 lemon only.

## Pecan Pie

- |                   |                |
|-------------------|----------------|
| 3 eggs            | 1 cup pecans   |
| 1 cup brown sugar | 1 tsp. vanilla |
| 1 tbsp. butter    | 1/4 tsp. salt  |
| 1 cup corn syrup  |                |

CREAM butter and sugar. Add syrup, well-beaten egg, salt and vanilla. When well mixed add coarsely chopped pecans. Turn into pie plate lined with pastry. Bake in moderate oven about 1/2 to 1 hour, or until firm.

## Cherry Roll

ESPECIALLY attractive with cherries, but other fruit may be prepared like this: Roll out cobbler dough in oblong about 1/4 inch thick. Spread sweetened fruit on top, roll up

like jelly roll and cut in 1 1/2-inch slices. Place slices in greased pan, pour fruit juice or syrup over top and bake in hot oven about 15 to 30 minutes.

## 2 Cup Cream Pies

FOR plain cream filling for a medium-sized pie use these ingredients:

- |                   |                            |
|-------------------|----------------------------|
| 1 baked pie shell | 5 tbsps. flour or 2 tbsps. |
| 1 2/3 cups milk   | cornstarch                 |
| 1/2 cup sugar     | 3 egg yolks                |
| 1/8 tsp. salt     | 1/2 tsp. vanilla           |

Scald milk. Place it over boiling water. Stir in sugar, flour, salt. Stir for 10 minutes. Pour part of this over yolks. Cook and stir all for 2 minutes longer. Cool, add vanilla and pour into baked pastry shell. Top with meringue made with 3 egg whites. Put in slow oven to brown.

**Chocolate Pie:** Add 1 1/2 squares (ounces) bitter chocolate, shaved fine, and 2 additional tbsps. sugar to milk in double boiler. Have chocolate completely melted and blended before adding eggs.

**Cocoanut Pie:** Add 3/4 cup shredded cocoanut with vanilla after filling is cooked.

**Banana Pie:** Slice 2 medium-sized bananas. Cover bottom of pastry shell with layer of bananas, add layer of filling, another layer of bananas, remaining filling and meringue, or sweetened whipped cream.

**Butterscotch Pie:** Use brown sugar instead of white. Add 1/2 cup chopped nut meats with vanilla.

## CHIFFON PIES

### Lemon Chiffon Pie

{Without Gelatin}

- |                   |                          |
|-------------------|--------------------------|
| 1 baked pie shell | 1/4 cup lemon juice      |
| 3 eggs, separated | 1 tsp. grated lemon rind |
| 2/3 cup sugar     | 1/8 tsp. salt            |
| 2 tbsps. water    | 1/2 tsp. baking powder   |

BEAT egg yolks until thick and lemon colored. Stir in half the sugar, lemon juice, rind and salt. Cook in top of double boiler, stirring constantly until rather thick. Cool. Beat egg whites with remaining sugar, baking powder and water until stiff as meringue and fold into first mixture. Pour filling into medium-sized baked pie shell and brown in moderately slow oven, about 10 to 20 minutes.

### Orange Chiffon Pie

FOLLOW same general rule, using 1/3 cup orange juice and 1 tbsp. lemon juice instead of water and lemon juice called for, and adding 1 tsp. grated orange rind. If oranges are sweet, sugar may be decreased to 1/4 cup.

Shown in photograph are Fresh Fruit Pies, page 78; Apple Pie, page 78; Lemon Pie, page 80. Note variety of top crust shapes and toppings.







# PIES

# and Doughnuts ★ ★

## Gelatin Chiffon Pies

- |   |   |
|---|---|
| 1 baked pie shell—(deep 9-inch)             | $\frac{1}{4}$ tsp. salt   |
| 1 tbsp. plain gelatin                       | $\frac{1}{2}$ to $1\frac{1}{2}$ cups liquid or crushed fruit, according to strength of flavor |
| $\frac{1}{4}$ cup cold water                |   |
| 4 eggs, separated                           | 1 cup heavy cream (optional)  |
| $\frac{1}{2}$ to 1 cup sugar, to suit taste |   |

SOAK gelatin in cold water 5 minutes. Beat egg yolks well, add half the sugar and liquids or fruit and cook in top of double boiler to custard consistency. Cool. Beat egg whites stiff with remaining sugar and salt. Beat cream stiff in separate bowl. Fold egg whites and cream into custard and pour mixture into baked pie shell. Chill before serving. The cream may be reserved to top the pie. In this case add 1 tsp. vanilla and 2 tbsps. powdered sugar when beating it.

SUGGESTIONS for gelatin pies include:

**Lemon:** Use 1 cup sugar,  $\frac{1}{2}$  cup lemon juice and  $\frac{1}{2}$  tsp. grated lemon rind.

**Pineapple:** Use  $\frac{1}{2}$  cup sugar,  $1\frac{1}{4}$  cups canned crushed pineapple and 1 tbsp. lemon juice.

**Strawberry:** Use  $1\frac{1}{2}$  cups sliced strawberries, soaked in  $\frac{3}{4}$  cup sugar instead of a cooked mixture, and add to it soaked gelatin dissolved in  $\frac{1}{2}$  cup boiling water and 1 tbsp. lemon juice. Use whipped cream for a party pie.

**Apricot:** Use 1 cup apricot pulp,  $\frac{1}{2}$  cup apricot juice, 2 tbsps. lemon juice and  $\frac{1}{3}$  cup sugar. (Eggs not needed if whipped cream is used.) For a party pie, reserve one-fourth the whipped cream, sweetened with 2 tbsps. sugar to top pie.

**Pumpkin:** Use 1 cup sugar,  $1\frac{1}{4}$  cups cooked pumpkin,  $\frac{1}{2}$  cup milk, and  $\frac{1}{2}$  tsp. each cinnamon and nutmeg in custard mixture. Do not use whipped cream in filling but as garnish, if desired.

**Chocolate:** Use 1 cup sugar. Add 2 squares (ounces) bitter chocolate or 6 tbsps. cocoa, dissolved in  $\frac{1}{2}$  cup boiling water, to egg yolk mixture. Add 1 tsp. vanilla. Omit cream from filling, but top pie with it when serving.

## Fruit Cobbler

- |                                     |                         |
|-------------------------------------|-------------------------|
| 2 $\frac{1}{2}$ cups prepared fruit | $\frac{1}{4}$ tsp. salt |
| $\frac{1}{2}$ to 1 cup sugar        | 2 tbsps. shortening     |
| 1 tbsp. lemon juice (optional)      | 1 egg, well beaten      |
|                                     | 6 tbsps. milk           |
| $1\frac{1}{2}$ cups sifted flour    | 1 tsp. sugar            |
| 2 tbsps. baking powder              |                         |

PLACE fruit such as sliced peaches or apples, stoned cherries, hulled berries, or drained prepared canned fruit in an 8-inch square greased baking dish. Sprinkle sugar over fruit, amount depending upon sweetness of

fruit, and add lemon juice to very bland fruits such as canned peaches or mild apples.

Sift flour with baking powder and salt, cut in shortening until mixture is as fine as cornmeal. Combine beaten egg, sugar and milk and add to flour mixture to form a soft dough. Pat out dough with floured hand and fit on top of fruit. Bake in hot oven about 8 to 15 minutes.

Then add  $\frac{1}{4}$  cup syrup from canned fruit, or juice from fresh fruit or water in which 2 tbsps. sugar have been dissolved. Pour over cobbler and bake about 8 to 15 minutes longer. Serve hot with cream.



## Apple Dumplings

FOLLOW above rule for making cobbler dough. Turn out on floured board and roll into 12-inch square. Cut into 4 squares. Place a medium-sized, peeled and cored apple in each square. Fill centers of apples with 1 tbsp. butter creamed with  $\frac{1}{4}$  cup white or brown sugar. Unless apples are very tart sprinkle with 1 tbsp. lemon juice, or with a little cinnamon or nutmeg. Press 4 corners of dough together on top of apple, brush with milk and bake in hot oven about 20 to 35 minutes. Serve with cream. May also be glazed with syrup as for cobbler. Fresh peaches or soft pears may be baked in dumplings.

## French Doughnuts

- |                         |                    |
|-------------------------|--------------------|
| 1 cup water             | 1 cup sifted flour |
| $\frac{1}{2}$ tsp. salt | 3 eggs             |
| 2 tbsps. butter         |                    |

PLACE water, salt and butter in saucepan. When water is boiling and butter melted, toss in flour and stir until mass is smooth and clears from side of pan. Scrape into large bowl, and when slightly cooled add eggs, one at a time. Beat mixture each time until egg is well incorporated. At the last beat 5 minutes. Cover and set in refrigerator to stiffen for several hours. Dough is better if made day before using.

To form crullers, shape them from pastry tube on flat pan dusted with flour, in the size of small doughnuts. Let stand for 1 or 2 hours, so that surface will dry sufficiently to be lifted with spatula. Cook in hot fat ( $375-380^{\circ}$  F.), a few at a time, allowing space for expansion.

When nicely browned, test one by inserting a toothpick. If the cruller is dry and hollow inside and firm to the touch, the batch is done. Drain on cake rack and dust with confectioner's sugar or ice lightly.



# ★ ★ Doughnuts and PIES

## Quick Doughnuts

4 cups sifted flour  
 1/2 tsp. nutmeg  
 1/4 tsp. cinnamon  
 1 tsp. salt  
 3/4 tsp. baking soda  
 1/2 tsp. cream of tartar

2 tbsps. shortening  
 3/4 cup sugar  
 2 eggs  
 1 cup thick sour milk or  
 buttermilk

SIFT together flour, salt, soda, cream of tartar and spices.

Cream shortening and sugar, add eggs and beat until light and fluffy. Add milk and then sifted dry ingredients. Mix thoroughly until smooth. With as little handling as possible, roll dough on floured board 1/4 inch thick. Let stand 20 minutes. Cut with 2 1/2-inch doughnut cutter. Fry in deep hot fat (370° F.) until brown, turning when first crack appears. Drain on absorbent paper. Makes about 3 dozen doughnuts.

To use sweet milk instead of sour milk, reduce milk to 3/4 cup, omit soda and cream of tartar and use 3 1/2 tps. baking powder. Use 4 egg yolks instead of 2 whole eggs for more tender doughnuts.

## Doughnut Variations

**Chocolate:** Add 1 1/2 squares (ounces) melted bitter chocolate, 1 tsp. vanilla and 1/4 cup more sugar to recipe.

**Orange:** Add 2 tbsps. finely grated orange rind to recipe. Using all egg yolks will give an appropriate yellow color.

**Molasses:** Reduce sugar to 1/4 cup and add 1 cup molasses, 1 tsp. ginger and 1 more cup flour to recipe.

**Fancy:** Ice cooled doughnuts with any white, chocolate or caramel frosting and sprinkle with chopped nut meats, coconut, or chopped candied fruit, while frosting is soft.

## Raised Doughnuts

2/3 cup sugar  
 3 tbsps. shortening  
 1 tsp. salt  
 1 cup scalded milk  
 1 cake yeast

2 tbsps. lukewarm water  
 5 cups flour  
 2 eggs  
 1 tsp. nutmeg

SCALD milk. Add sugar, shortening and salt. Let cool to lukewarm. Add yeast which has been mixed with water. Add about 2 cups flour, or enough to make a sponge. Set in warm place to rise. When light, add well-beaten eggs, nutmeg and remaining flour, or enough to make soft dough. Cover and let rise until double in bulk. Knead until free from large bubbles. Roll out on slightly floured board 1/2 inch. Cut with doughnut cutter, cover and set in warm place to rise again until double in bulk.

Drop doughnuts topside down in deep hot fat (370° F.), fry until puffy and brown on underside, then turn and fry on other side. Drain on absorbent paper and sprinkle with powdered sugar while still warm. Yield, about 30 doughnuts.

## Jelly Doughnuts

FOLLOW recipe for raised doughnuts. After second rising, roll out on slightly floured board 1/8 inch thick. Cut with round cookie cutter. Put 1 tsp. tart jelly in center of each round, moisten edges with water and put another round on top. Press edges together lightly. Cover and set in warm place to rise until double in bulk. Fry in the same way as raised doughnuts.



# CAKES and COOKIES

## *Fillings and Icings \**

SUCCESSFUL CAKE BAKING depends upon observing a few simple rules. Modern recipes are accurately balanced. Follow them faithfully. All measurements in this book are level.

Be sure to have on hand a half-pint measuring cup (marked into fourths and thirds) and a set of measuring spoons. Invest also in a flat wire egg beater and in a spiral egg whip or beater (a flat implement with a spiral wire around the outer edge). Use the first beater for egg whites and light dessert mixtures. Use the second for egg yolks, light batters, whipping cream, and in making all sauces, gravies, mayonnaise, etc. For heavy batters use a slotted spoon.

The terms used in baking: stirring, folding in, etc., will be found at the beginning of the bread chapter.

Sift flour before measuring it. To measure flour, heap it lightly into the cup, fill it to overflowing, then level off the top with a knife. Do not pack any ingredients except brown sugar and shortening.

A distinction should be made between cake flour and the somewhat coarser, heavier bread or all-purpose flour. The first makes a more delicate cake.

If your recipe calls for cake flour, and it is not available, measure bread flour as directed in the recipe, and then deduct 2 tablespoons for every cup of flour. In other words, fill the cup and then take out 2 level tablespoonfuls.

Whip your egg whites on a large platter or in a large bowl with the flat egg beater. (Add a pinch of salt to hasten the stiffening process.) Beat the egg whites in one direction only until they are stiff, but not dry.

In the case of Angel Food Cake, stop beating when the egg whites are still moist and will hold a point that turns over.

Do not whip egg whites in advance. Wait until the last minute to do so.

Beat the yolks with the spiral egg beater until they are very light. Add the sugar, a tablespoonful at a time, and beat until these ingredients are well blended.

When making a butter cake, use butter that is fairly soft (at room temperature) but not melted, unless the recipe calls for it. If butter melts, chill it until it is firm before using it.

Stir or work the butter with a slotted spoon or with the hand until it is pliable and soft, then add the sugar gradually and continue to beat or work the mixture until it is creamy (like whipped cream). Be patient at this time—do not hurry this process. The good texture of your cake will be greatly influenced by it.

After measuring your flour, re-sift it with other dry ingredients (soda, baking powder, spices, etc.).

Add the flavoring to the milk.

Add the sifted and the liquid ingredients to the butter mixture, alternately in about three parts. Beat the batter after each addition until the ingredients are well blended, then beat it for about one minute. Lightly fold in the beaten egg whites until they are blended.





Pour a sponge cake batter into an ungreased pan. It will cling to the dry sides and rise higher than in a greased pan. When the cake is done, turn upside down until it is cold. Remove it from the pan. It is then ready to be iced.

Pour a butter cake batter into a lightly greased pan. Grease with an unsalted shortening. When the cake is done, place it on a cake rack for five minutes, then remove it from the pan onto a cake rack until it is cold. It is then ready to be iced.

Preheat the oven, that is, heat the oven to the degree given in the recipe before putting the cake into it.

A butter cake, if baked in a loaf, usually calls for a moderate oven—if baked in layers, for a slightly quicker, but still a moderate oven.

A sponge cake usually calls for a slower oven than a butter loaf cake.

An angel food calls for a slow oven.

A cake is done when it begins to shrink from the sides of the pan; when a straw or cake tester placed in the center of the cake comes out dry, and when the cake surface, pressed with a finger, comes back into place.

When cakes fail, there is usually a definite cause.

1. *An uneven, cracked cake:*

Too hot an oven  
Too much flour

2. *A fallen, shrunken cake:*

Too much shortening  
Too little flour  
Insufficient time allowed for baking

3. *A heavy, streaked cake:*

Not enough baking powder  
Too much sugar  
Moist flour. (Place the flour, if moist, in a large flat pan near an open oven door, to dry it.)

4. *A coarse grained cake:*

Too slow baking  
Too much shortening  
Too much baking powder  
Too little mixing

5. *A poor, splotchy color:*

Too fast baking  
Too little mixing

6. *A sticky crust:*

Too much sugar



# CAKES and COOKIES

# Fillings and Icing

## Sponge Cake

- |                            |                                      |
|----------------------------|--------------------------------------|
| 3 egg yolks*               | 1 cup and 2 tbsps. sifted cake flour |
| 1/2 cup cold water         | 2 tps. baking powder                 |
| 1 cup sugar                | 1/8 tsp. salt                        |
| 1 tbsp. lemon juice or     | 3 egg whites                         |
| 1 tsp. vanilla             |                                      |
| 1/2 tsp. grated lemon rind |                                      |

WHIP eggs and cold water until liquid doubles in bulk. Add sugar gradually. Beat for 2 minutes. Add flavoring. Fold in flour which has been resifted with baking powder, 1 tablespoon at a time.

Add salt to egg whites; beat until stiff but not dry. Fold lightly into batter until blended.

Bake cake in ungreased 9-inch tube pan in slow oven for about 40 to 50 minutes.

\*Five eggs may be used instead of 3. This addition makes a richer cake.

**Hot Milk Cake**, with the butter omitted, makes a good sponge cake.

## Angel Food Cake



- |                         |                         |
|-------------------------|-------------------------|
| 1 cup sifted cake flour | 1 1/4 cups sifted sugar |
| 11 egg whites           | 1 tsp. vanilla          |
| 1/4 tsp. salt           | 1/2 tsp. almond extract |
| 1 tsp. cream of tartar  | (optional)              |

RESIFT flour 3 times and add salt to egg whites. Whip until foamy. Add cream of tartar. Whip until fairly stiff (until they will hold a peak that turns over) but not until dry.

Fold in sugar, a tablespoonful at a time. Add flavoring. Fold in flour, 2 tbsps. at a time. Fold as little as possible to blend these ingredients.

Bake cake in 9-inch ungreased tube pan in slow oven for about 3/4 to 1 hour. Invert pan and permit cake to become cold before removing from pan. Spread cake with icing or dust with powdered sugar.

Cake may be cut in two and cake filling or whipped cream, sweetened and flavored, placed between layers. (See illustration.)

## One Egg Cake

- |                          |                         |
|--------------------------|-------------------------|
| 1 cup sugar              | 3 tps. baking powder    |
| 1/4 cup butter           | 3/4 cup milk            |
| 1 egg                    | 1 tsp. vanilla          |
| 2 cups sifted cake flour | 1/3 tsp. almond extract |

CREAM butter and sugar. Beat in egg. Sift flour with baking powder. Add it to butter mixture alternately with milk, to which flavoring has been added. Beat batter after each addition until blended.

One-half cup chopped nut meats, raisins or dates may be added.

Bake cake in greased 4 x 8-inch loaf pan in moderate oven for about 15 to 30 minutes.

## Hot Milk Cake

- |                              |                          |
|------------------------------|--------------------------|
| 3 eggs                       | 3/4 cup milk             |
| 1 1/2 cups sugar             | 2 tbsps. shortening      |
| 1 1/2 cups sifted cake flour | 1 tsp. vanilla or 2 tps. |
| 1 1/2 tps. baking powder     | lemon juice              |
| 1/2 tsp. salt                |                          |

BEAT eggs until they are very light. Add sugar gradually. Beat until well blended.

Resift flour with baking powder and salt. Heat milk with shortening to boiling point and add to batter. Beat it well.

Add vanilla and pour batter into two greased 8-inch layer pans.

Bake cake in moderate oven for about 20 to 40 minutes.

Ice it as desired.

## Sour Cream Cake

- |                  |                              |
|------------------|------------------------------|
| 1 cup sour cream | 1 3/4 cups sifted cake flour |
| 1 cup sugar      | 2 tps. baking powder         |
| 2 eggs           | 1/4 tsp. soda                |
| 1 tsp. vanilla   | 1/8 tsp. salt                |

BEAT cream, stir sugar in gradually. Beat until well blended. Beat in eggs one at a time. Add vanilla.

Resift flour with baking powder, soda and salt and stir into cream mixture. Beat batter until blended.

Bake cake in greased 8-inch tube pan in moderate oven for about 18 to 35 minutes. If desired, 1 teaspoon spice, 1 cup raisins, and 1/2 cup nut meats may be added.

Ice cake with any icing.

## Quick Yellow Cake

- |                     |                              |
|---------------------|------------------------------|
| 1/2 cup soft butter | 1 3/4 cups sifted cake flour |
| 1 cup sugar         | 1/2 tsp. salt                |
| 2 eggs              | 2 1/2 tps. baking powder     |
| 1/2 cup milk        | 1 tsp. vanilla               |

SIFT dry ingredients. Combine with other ingredients in bowl and beat well for 2 or 3 minutes.

Use wire whisk or rotary beater.

Bake cake in greased 9 x 12-inch pan, or in two 8 1/2-inch layer pans in moderate oven for about 12 to 25 minutes.

Ice as desired. (See illustration.)

## Quick Caramel Cake

FOLLOW rule for Quick Yellow Cake.

Substitute for white sugar 1 1/4 cups brown sugar, closely packed.

Bake in a 9 x 12 pan. Ice it with uncooked white icing. Place pecan halves on it at regular intervals. Cut cake so that a nut meat will be in the center of each square or bar.



# Fillings and Icings

## CAKES and COOKIES

### Quick Chocolate Cake

FOLLOW rule for Quick Yellow Cake.  
Substitute  $\frac{1}{4}$  cup cocoa for  $\frac{1}{4}$  cup flour.

### White Cake

$\frac{1}{2}$  cup butter  
 $1\frac{1}{2}$  cups sugar  
 $2\frac{1}{2}$  cups sifted cake flour  
 $2\frac{1}{2}$  tps. baking powder

1 cup milk  
1 tsp. vanilla  
 $\frac{1}{8}$  tsp. salt  
4 egg whites

CREAM butter and sugar. Sift flour with baking powder. Add to butter mixture in about three parts alternately with milk, to which vanilla has been added.

Beat batter after each addition until blended.

Add salt to egg whites. Whip until stiff but not dry. Fold lightly into batter.

Bake cake in greased 7-inch tube pan in moderate oven for about 20 to 40 minutes or in two 9-inch layer cake pans for about 12 to 25 minutes. Ice with chocolate icing. (See illustration.)

350 Degrees  
for  $\frac{1}{2}$  hr.



### Marble Cake

1 oz. (square) chocolate  $1\frac{1}{2}$  tbsps. hot water

PREPARE batter for White Cake. Those who prefer yellow marble cake may use 2 whole eggs instead of 4 egg whites. Beat yolks into butter mixture.

Separate dough into halves, melt chocolate, cool and fold it into one half of dough.

Place dough in alternate layers in greased pan or bake in two 9-inch layer pans as directed for White Cake.

### Gold Cake

$1\frac{1}{4}$  cups sugar  
 $\frac{3}{4}$  cup butter  
8 egg yolks  
 $2\frac{1}{2}$  cups sifted cake flour

3 tps. baking powder  
 $\frac{1}{4}$  tsp. almond extract  
 $\frac{1}{2}$  tsp. vanilla  
 $\frac{3}{4}$  cup milk

COMBINE flour and baking powder and sift three times. Sift sugar once.

Cream butter and sugar. Beat yolks until light and lemon colored. Add to butter mixture.

Add flavoring to milk. Add flour alternately with milk in about three parts. Beat batter after each addition until blended.

Bake cake in greased 9-inch tube pan in moderate oven for about 25 to 45 minutes. Ice with uncooked orange icing.

### Chocolate Devil's Food

$\frac{1}{2}$  cup butter  
1 cup sugar  
3 egg yolks  
 $\frac{3}{4}$  cup sugar  
2 oz. (squares) chocolate  
2 cups sifted cake flour

2 tps. baking powder  
 $\frac{1}{4}$  tsp. cloves  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{2}$  cup milk  
1 tsp. vanilla  
3 egg whites

CREAM butter and 1 cup of sugar until stiff. Beat egg yolks and  $\frac{3}{4}$  cup sugar. Beat two mixtures together.

Melt chocolate over hot water, cool and add. Resift flour with baking powder and spices three times. Add sifted ingredients to batter alternately with milk, to which flavoring has been added.

Beat batter after each addition until blended. Fold in egg whites, beaten until stiff but not dry.

Bake cake in two greased 9-inch layer pans in moderate oven for about  $\frac{1}{4}$  to  $\frac{1}{2}$  hour.

Ice with chocolate or white icing.

### Nut Cake

ADD 1 cup chopped nut meats to Gold Cake, Quick Yellow Cake, Chocolate Cake or one Egg Cake.

Spread cake with icing and garnish with whole nut meats.

### Quick Cinnamon Tea Cake

ADD to Quick Yellow Cake:

$1\frac{1}{2}$  tps. cinnamon

$\frac{1}{4}$  tsp. cloves or nutmeg

### Layer Cakes

CHOOSE one of preceding cake recipes. Bake cake in layers.

Place jam, jelly, a cake filling or an icing between layers.

Ice top and sides of cake. Sprinkle layers with cocoanut, chopped nut meats, etc., and garnish with candied cherries, pineapple and whole nut meats.

### Spice Cup Cakes

1 cup seeded raisins  
 $1\frac{1}{2}$  cups water  
 $\frac{1}{2}$  tsp. soda  
1 tbsps. butter  
1 cup sugar

2 cups flour  
 $1\frac{1}{2}$  tps. baking powder  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{2}$  tsp. allspice  
 $\frac{1}{2}$  tsp. nutmeg

BOIL 1 cup of water and raisins for 10 minutes. Cool.

Add soda and  $\frac{1}{2}$  cup of cold water. Cream butter with sugar, add raisin mixture and flour sifted with the baking powder and spices.

Bake cakes in moderate oven.



# CAKES and COOKIES

# Fillings and Icings \*

## Lady Baltimore Cake

is White Cake, baked in two layers. Chop:  $\frac{1}{2}$  cup seeded raisins, 6 figs,  $\frac{1}{2}$  cup nut meats. Add to half of 7-minute White Icing just before spreading it. Place this half between layers. Ice top with other half.

## Cup Cakes

USE one of preceding cake recipes for cup cakes. Grease pans. Fill them only two-thirds full of batter.

Bake in moderate oven for about 25 minutes. Ice or sprinkle with powdered sugar.

They may be split and filled with cake icing, jam or jelly, and then iced on top.

## Molasses Cake

$\frac{1}{2}$ cup butter	3 tsps. baking powder
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup molasses	$\frac{1}{4}$ tsp. soda
1 egg	1 tsp. mixed spices
2 cups sifted flour	$\frac{1}{2}$ cup milk

CREAM butter and sugar. Stir in molasses beaten with egg.

Resift flour with other dry ingredients.

Add sifted ingredients alternately with milk. Beat batter after each addition until blended.

Bake cake in greased 9-inch tube pan in moderate oven for about 22 to 45 minutes. Serve warm with Raisin Sauce.

Cake may be cooled and iced.

## Crumb Spice Cake



$2\frac{1}{2}$ cups sifted bread flour	$\frac{3}{4}$ cup soft butter or shortening
$2\frac{1}{2}$ cups dark brown sugar	

COMBINE ingredients lightly until they crumble.

Use pastry blender or finger-tips. Do not permit crumbs to become oily.

Reserve 1 cupful crumbs. Add to them  $\frac{3}{4}$  tsp. cinnamon and  $\frac{1}{2}$  cup chopped nut meats.

Add to remainder of crumbs:

$\frac{1}{2}$ tsp. soda	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{2}$ tsp. salt	2 tsps. baking powder
$\frac{1}{4}$ tsp. nutmeg or cloves	

When blended add 1 cup sour milk, and 2 beaten eggs.

Beat batter until smooth.

Put in greased 9 x 12-inch pan.

Bake in moderate oven for about 10 to 20 minutes.

Spread reserved crumbs over top. Bake cake until done, for about 5 to 10 minutes longer.

## Grandma's Pound Cake

AS BAKED in the "Home Comfort" Range fifty years ago:

2 cups sugar (1 lb.)	4 cups flour (1 lb.)
2 cups butter (1 lb.)	10 eggs (1 lb.)

Beat yolks and whites of eggs separately; cream butter; and cream sugar into it.

Add egg yolks and mix well. Add stiff egg whites alternately with flour.

Long beating of air into this mixture is the success of this cake. Grandma always beat the mixture with her hand in a large wooden mixing bowl, since it was less tiresome.

Put in oven when you can bear your hand on the bottom, and gradually increase oven heat to moderate; bake about 1 to 2 hours.

A half pound cake may be successfully made with half the quantities.

## Apple Sauce Cake

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ tsp. salt
1 cup sugar	1 tsp. soda
1 egg	1 tsp. cinnamon
1 cup raisins	$\frac{1}{2}$ tsp. cloves
1 cup currants or nut meats	1 cup thick sweetened apple sauce
$1\frac{3}{4}$ cups sifted cake flour	

SIFT a few tablespoons of the flour over nut meats and raisins.

Cream butter and sugar, beat in egg. Add nut meats and raisins.

Sift flour with soda and spices. Stir into butter mixture. Last, add the apple sauce which has been heated.

Bake cake in a 9-inch tube pan lined with buttered paper, in moderate oven for about  $\frac{1}{2}$  to 1 hour.

## Prune or Apricot Cake

$1\frac{3}{4}$ cups sugar	$\frac{1}{2}$ cup fruit juice
$\frac{2}{3}$ cup butter	$\frac{1}{2}$ cup fruit pulp*
3 eggs, separated	$2\frac{3}{4}$ cups sifted cake flour
$\frac{1}{2}$ tsp. grated lemon rind	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ tsp. vanilla	2 tsps. baking powder
$\frac{1}{2}$ cup water	$\frac{1}{4}$ tsp. soda

CREAM butter and sugar. Beat in egg whites. Combine water, fruit juice and fruit pulp. Add flour (that has been sifted with baking powder and soda) to butter mixture, alternately with fruit and water mixture.

Beat batter after each addition until well blended. Fold in egg whites, beaten until stiff but not dry.

Bake cake in three greased 8-inch layer pans or one 9 x 12 pan in moderate oven for about 15 to 30 minutes.

Ice with white icing flavored with lemon.

\*Use dried prunes or apricots that have been stewed and sweetened. Rub through a sieve and use pulp and juice.



# *Fillings and Icings* **CAKES and COOKIES**

## Banana Cake

$\frac{1}{2}$  cup butter  
 $1\frac{1}{2}$  cups sugar  
3 eggs  
 $2\frac{1}{4}$  cups sifted cake flour  
 $\frac{1}{2}$  tsp. baking powder  
 $\frac{3}{4}$  tsp. soda  
 $\frac{1}{2}$  tsp. salt  
1 cup mashed or riced bananas  
1 tsp. vanilla  
 $\frac{1}{4}$  cup sour milk

CREAM butter and sugar. Beat in eggs one at a time. Resift flour with baking powder, soda and salt.

Add vanilla to milk. Stir sifted ingredients into butter mixture alternately with milk and bananas. Beat batter until smooth after each addition.

Bake the cake in two greased 9-inch cake pans in moderate oven 15 to 30 minutes.

Place sliced bananas between layers. Ice top of the cake with uncooked lemon icing.



## Fruit Cake

$\frac{1}{2}$  lb. butter (1 cup)  
 $\frac{1}{2}$  lb. brown sugar ( $1\frac{1}{3}$  cups)  
6 eggs  
 $\frac{1}{2}$  lb. flour (2 cups)  
1 tsp. cinnamon  
1 tsp. allspice  
1 tsp. cloves  
1 tsp. nutmeg  
1 tsp. salt, if butter is unsalted  
 $\frac{1}{4}$  cup wine, whiskey or fruit juice  
 $\frac{1}{2}$  cup molasses  
 $\frac{1}{2}$  cup sour milk  
1 tsp. soda  
1 lb. raisins (seeded)  
1 lb. currants (washed and dried)  
 $\frac{1}{2}$  lb. citron, cut fine  
1 lb. almonds (blanched and shredded) or pecans broken  
 $\frac{1}{2}$  cup maraschino cherries

CREAM butter with sugar, sift dry ingredients and flour the fruit and nuts lightly in additional flour. The ingredients may be combined in order given—eggs being added alternately with flour—each egg being beaten in well, or eggs may be separated, the yolks alternately with flour and whites stiffly beaten and folded in before fruit and nuts are added.

Place dough in loaf pans lined with layer of heavy waxed paper, or with 4 layers thin waxed paper. Cover bottom of oven with pans filled with 1 inch of hot water and bake loaves in very slow oven from  $1\frac{1}{2}$  to 3 hours.

Permit loaves to cool and remove them from pans. Remove waxed paper, wrap loaves in fresh waxed paper and store cake in tightly covered tin boxes.

Should cake become dry, place it in closed container over hot water until hot. Heat wine or grape juice (but do not let it boil), and pour from a small pitcher, very slowly, drop by drop, onto hot cake. Use as much as cake will absorb. Makes a 9-lb. cake.

## Jam Cake

$\frac{1}{2}$  cup butter  
1 cup sugar  
1 cup jam  
3 egg yolks  
2 cups sifted flour  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{2}$  tsp. nutmeg  
1 tsp. soda  
 $\frac{1}{4}$  cup sour cream  
3 egg whites

CREAM butter and sugar.

Beat in egg yolks.

Stir in jam.

Resift flour with the other dry ingredients. Add flour mixture in about three parts alternately with sour cream. Beat batter after each addition until well blended.

Bake cake in two greased 9-inch layer pans or in a 9-inch tube pan in moderate oven for 25 to 50 minutes. Ice as desired.

## Jelly Roll

4 eggs, separated  
 $\frac{3}{4}$  cup sugar  
1 tsp. vanilla  
 $\frac{3}{4}$  cup sifted cake flour  
 $\frac{3}{4}$  tsp. baking powder  
 $\frac{1}{4}$  tsp. salt

BEAT egg yolks until light. Add sugar gradually and then flavoring.

When blended, add flour that has been sifted with baking powder and salt. Last fold in egg whites that have been whipped until stiff but not dry.

Line a 15 x 10-inch pan with heavy buttered paper. Pour in batter and bake in moderate oven for about 6 to 12 minutes.

While cake is hot, trim hard edges, spread cake with jelly, jam or a cake filling, and roll it in waxed paper. Sprinkle with powdered sugar.

## Cocoa Roll

3 eggs, separated  
 $\frac{1}{2}$  cup sugar  
1 tsp. vanilla  
2 tbsps. bread flour  
2 tbsps. cocoa  
 $\frac{1}{8}$  tsp. salt  
 $\frac{1}{2}$  tsp. cream of tartar  
1 cup heavy cream  
 $\frac{1}{2}$  tsp. vanilla

BEAT yolks until very light. Beat sugar in gradually until well blended. Add vanilla.

Sift flour, cocoa and salt. Stir them into yolk mixture.

Beat egg whites until foamy, add cream of tartar and beat until stiff but not dry. Fold lightly into batter.

Line a shallow pan (about 8 x 12 inches) with heavy greased paper. Spread dough to thickness of  $\frac{1}{4}$  inch. Bake cake in moderate oven for about 12 to 25 minutes.

When cool, invert onto moist cloth. Trim edges. Whip cream until stiff. Fold in vanilla. Spread cake with cream.

Roll cake in cloth like a jelly roll. Chill for one hour. Remove cloth. Place cake on platter and serve cut into slices, with Chocolate Sauce.



# CAKES and COOKIES

# Fillings and Icings \*

## Washington Cream Pie

$\frac{1}{3}$  cup butter  
 $\frac{3}{4}$  cup sugar  
 2 eggs, beaten  
 $1\frac{1}{2}$  cups sifted cake flour  
 3 tsps. baking powder  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{2}$  cup milk  
 1 tsp. vanilla

CREAM butter and sugar and beat in eggs. Combine and sift flour, baking powder and salt, and add, alternately with the milk, to butter mixture.

Beat batter well, add vanilla and bake cake in greased pans in two layers in moderate oven for 12 to 25 minutes.

Place filling between layers and sprinkle top with powdered sugar. Spread whipped cream, a cooked cream filling (adding coconut to it, or other nuts), jam, jelly or fruit between layers.

See Fillings.

## Skillet Cake

{Upside Down Cake}

{Pineapple, Apricot, etc.}

$\frac{1}{4}$  cup butter  
 $\frac{3}{4}$  cup brown sugar  
 1 cup pecan meats (optional)  
 8 canned pineapple slices, or 24 cooked apricots, drained

MELT butter in 9-inch skillet. Remove the fire.

Sprinkle brown sugar and nutmeats over bottom. Arrange fruit on sugar. Prepare following batter:

2 eggs  
 $\frac{1}{4}$  tsp. salt  
 1 cup sugar  
 $\frac{1}{2}$  cup rich milk  
 1 tbsp. melted shortening  
 1 tsp. vanilla  
 1 cup sifted cake flour  
 1 tsp. baking powder

BEAT eggs until light. Add gradually, beating constantly, salt and sugar.

Heat milk to boiling point. Add butter.

Beat into egg mixture. Add vanilla. Resift flour with baking powder, and add it to egg mixture. Beat quickly until blended.

Pour batter over fruit. Bake cake in moderate oven for about  $\frac{1}{4}$  to  $\frac{1}{2}$  hour.

Turn out while warm. Serve upside down.

## Strawberry Short Cake

2 cups flour  
 4 tsps. baking powder  
 1 tbsp. sugar  
 $\frac{1}{2}$  tsp. salt  
 4 to 6 tsps. shortening  
 1 egg  
 $\frac{1}{2}$  cup milk  
 1 quart berries  
 1 cup whipping cream

SIFT together dry ingredients, and cut in shortening as for pie crust.

Beat egg and milk until blended and stir in. Pat out dough into a square on floured board, to the thickness of  $\frac{1}{4}$  inch. Brush half the top with melted butter.

Fold over other half, or cut dough into rounds for individual servings if preferred.

Bake cake on greased sheet in moderately hot oven for about 10 to 20 minutes. Split cake.

Serve with sweetened strawberries between layers and over top. Garnish with whipped cream.

## Cream Puffs

THIS rule makes 12 large puffs or eclairs.

1 cup water or milk  
 $\frac{1}{2}$  cup butter  
 1 cup flour  
 $\frac{1}{4}$  tsp. salt  
 4 eggs

Heat milk, add butter and let it come to boiling point. Add flour and salt and stir batter over heat until it leaves the sides of pan and forms a ball.

Remove from fire, cool slightly and add eggs, one at a time, beating in well. Place spoonfuls of batter in 2-inch rounds on a greased tin, heaping them well in center.

Allow 2 inches between puffs. Bake in moderate oven for about 15 to 30 minutes or more. Test puffs by removing one from oven. If it does not fall, it is thoroughly done.

When puffs are cool, cut gash into side of puff and fill with sweetened and flavored whipped cream or with custard filling.

Very small cream puffs may be served at teas. Fill them with a sweet filling, cheese, creamed chicken, oysters, well-seasoned hash, etc.

## Meringues

7 egg whites  
 Pinch of salt  
 $1\frac{1}{2}$  cups sugar  
 1 tsp. vanilla  
 $\frac{3}{4}$  cup sugar

ADD salt to egg whites and beat until they will hold a point.

Add  $1\frac{1}{2}$  cups of sugar very, very slowly, beating eggs constantly. Add vanilla, and then fold in  $\frac{3}{4}$  cup of sugar.

Place large spoonfuls of this mixture on baking sheet, or shape meringues with pastry bag into ovals. Bake in very slow oven for about 30 to 60 minutes. Remove from sheet when cold.

If to be filled, crush smooth side with thumb, while meringues are fresh and fill hollows with sweetened and flavored whipped cream, or with a frozen mixture.



# Fillings and Icings

## CAKES and COOKIES

### ICINGS AND CAKE FILLINGS

#### Seven-Minute White Icing

2 egg whites (unbeaten)     $\frac{1}{4}$  tsp. cream of tartar  
 1  $\frac{1}{2}$  cups sugar            1 tsp. vanilla  
 5 tbsps. cold water

PLACE ingredients, except flavoring in top of double boiler.

Beat until they are thoroughly blended. Use wire spiral egg whip or dover beater. Place top over bottom of double boiler filled with rapidly boiling water.

Beat icing for 7 minutes. Remove from fire and add flavoring.

The icing is then ready to be spread.

#### Variations of Seven-Minute Icing

**Nut Icing:** Add  $\frac{1}{2}$  cup chopped nut meats to cooked icing.

**Lemon Icing:** Use only 2 tbsps. water. Add 2 tbsps. lemon juice,  $\frac{1}{4}$  tsp. grated lemon rind.

**Orange Icing:** Omit water. Add  $\frac{1}{2}$  tsp. grated orange rind, and  $\frac{1}{4}$  cup orange juice.

**Sea Foam Icing:** Substitute brown sugar for white. After 5 minutes remove double boiler from fire. Beat 2 minutes longer. Place boiler top in cold water, and beat for 3 minutes longer.

**Chocolate Icing:** Melt over hot water, then cool 3 oz. (squares) chocolate. When icing is cooked, fold in vanilla and melted chocolate.

**Raisin Icing:** Spread cooked icing. Sprinkle with 1 cup seeded or seedless raisins chopped.

**Cocoanut Icing:** Spread cooked icing. Sprinkle with shredded cocoanut.

**Chocolate Coating over White Icing:** When cooked icing is spread, pour chocolate (melted over hot water) on it. Spread it lightly over surface with broad knife. Permit chocolate to harden. Do not attempt this in hot weather.

#### Boiled White Icing

2 cups sugar                     $\frac{1}{8}$  tsp. cream of tartar  
 1 cup water                    (optional)  
 $\frac{1}{8}$  tsp. salt                    1 tsp. vanilla or other  
 2 egg whites                    flavoring

BOIL water and sugar until syrup forms a soft ball when dropped into cold water, or when it forms a thread (when dropped from a spoon) that is about three inches long. This thread should be thin enough to curl or wave. In either case the syrup will have reached about 240° of heat.

Add salt to egg whites. (Egg whites may be whipped until they are stiff, whipped until they are frothy, or they need not be whipped at all before adding syrup.)

The syrup is poured upon them while very hot in a very fine stream, the eggs being beaten constantly during the addition of syrup and afterward, until icing becomes creamy and of right consistency to spread.

When last of syrup has been added  $\frac{1}{8}$  teaspoon cream of tartar (to two eggs) or a few drops of lemon juice may be added to keep icing from becoming gritty.

Beat in the flavoring as icing cools.

Beat until icing is good consistency to spread. Have bowl of hot water ready. Add a few drops if needed as icing becomes firm.

Dip knife with which icing is spread into hot water to insure smooth surface.



#### Ornamental Icing

Boil 1 cup sugar                     $\frac{1}{2}$  cup water

MEANWHILE add  $\frac{1}{8}$  teaspoon of salt to 2 egg whites and beat until they are stiff and will hold a point.

Add 3 tbsps. sugar very slowly, beating constantly. When syrup begins to fall in heavy drops from spoon, add a small quantity of it to eggs and sugar and continue beating. Repeat this process, adding syrup to eggs in four or five parts. If these additions are properly timed, the last of syrup will have reached the thread stage.

Beat icing constantly. Have pan ready partly filled with water placed over heat. The bowl in which the icing is being made should fit closely into this pan so that the bowl will be over, but not in water. When water in pan begins to boil add  $\frac{1}{4}$  tsp. of powder (equal parts of baking powder and tartaric acid) and continue to beat the icing until it sticks to sides and bottom of bowl and holds a point.

Remove icing from heat. Place as much as is required for decoration (usually about  $\frac{1}{3}$ ) in small bowl and cover it closely with waxed paper. To remainder add 1 tsp. or more hot water to thin it to right consistency to spread. Beat well and spread on cake.

Decorate cake with reserved icing, coloring it with color paste and placing it in oblongs of baker's paper, that have been rolled into cornucopia shaped bags, secured near the point with a pin. Flatten a bag and cut a small piece from the point to make dots or stems. Cut it like this,  $\wedge$ , to make leaves or petals. Fill bags with icing, close them by doubling over paper at top, and force icing through point of the bag.

This icing, well covered with waxed paper, will keep for hours. Sufficient for icing and decorating an 8-inch cake. Double recipe for a larger cake.



# CAKES and COOKIES

# Fillings and Icings ★

## Coloring for Icings

ADD a *very little* coloring to icing just before it is ready to be spread.

- Pink:** Juice of strawberry, cherry, cranberry or currant.  
**Blue:** Juice of blackberry, blueberry, elderberry or raspberry.  
**Purple:** Grape or mixed pink and blue.  
**Brown:** Chocolate, cocoa, or coffee.  
**Yellow:** Grate orange rind cut with lemon juice, or egg-yolk.  
**Green:** Juice from spinach.

## Maple Icing I

- 1 cup maple sugar      1 egg white  
 ½ cup water      1 tbsp. white corn syrup

BOIL maple sugar, corn syrup and water without stirring until syrup spins a thread; pour gradually over stiffly beaten egg white and whip until smooth; spread at once.

## Maple Icing II

- 1 cup maple syrup      2 egg whites

BOIL syrup without stirring until it spins a fine thread; pour gradually over stiffly beaten egg whites and whip with wire whisk until stiff enough to spread.

## Sour Cream Icing

- 1 cup sugar      ½ cup nut meats, chopped  
 1 cup sour cream  
 1 tsp. vanilla

BOIL sugar and sour cream until syrup forms a soft ball when dropped into cold water (238°).

Cool syrup until lukewarm, then beat until creamy. Add vanilla and nuts and spread icing.

## Chocolate Icing

- 2 cups sugar      ¾ cup milk  
 2 ozs. (squares) chocolate      2 tbsps. butter  
     late      1 tsp. vanilla  
 2 tbsps. corn syrup

COOK first four ingredients until syrup forms a ball when dropped into cold water (238°). Remove syrup from fire, add butter and place saucepan in cold water.

When icing is lukewarm, add vanilla and beat icing until creamy. If icing hardens too rapidly, add a few drops of hot water, or place saucepan in hot water.

## Caramel Icing

- 2 cups brown sugar      3 tbsps. butter  
 1 cup milk or cream      1 tsp. vanilla

BOIL sugar and liquid until syrup forms a soft ball when dropped into cold water (238°). Add butter, remove icing from fire and cool. Add vanilla and beat until thick and creamy.

If too heavy, thin icing with a little hot cream until right consistency to spread.

## UNCOOKED ICINGS

### White Icing

- 2 cups powdered sugar      1 tbsp. or more flavoring  
 3 tbsps. butter      (rum, sherry, coffee,  
 ¼ tsp. salt      fruit juice, etc.) or  
     2 tps. vanilla

1½ TBSPS. hot cream or 1 egg yolk may be substituted for butter. Cream butter with sugar, and add salt and flavoring. If icing is too thin, use additional powdered sugar until the right consistency to spread.

When making lemon or orange icing, omit vanilla and add grated lemon or orange rind and juice.

Nut meats may be added.



## Chocolate Icing (Uncooked)

- 4 tbsps. cocoa or 2 ozs. chocolate      4 tbsps. hot water or cream  
 2 tps. butter      1 tsp. vanilla  
     Powdered sugar

MELT chocolate over very low flame. Add butter and water.

When these ingredients are cool, add vanilla and enough sifted powdered sugar to make icing the right consistency to spread.

## Icing for Cookies or Christmas Cakes

- Powdered sugar      Lemon juice  
 Grated lemon rind

BEAT ingredients well. Make a fairly "runny" icing.

Drop a little from a teaspoon onto a cookie. Permit it to spread and harden.

Boiling water and vanilla may be substituted for lemon rind and juice.



## CAKE FILLINGS

### Custard Filling

$\frac{1}{2}$  cup sugar  
 $\frac{1}{3}$  cup flour  
 $\frac{1}{4}$  tsp. salt  
 2 cups scalded milk or cream

2 slightly beaten eggs or 4 egg yolks  
 2 tsps. vanilla or 1 tbsp. sherry flavoring

BEAT yolks, add sugar and flour. Pour scalded milk over egg mixture. Cook these ingredients over hot water until smooth and thick, stirring constantly.

When custard is cool, add vanilla and spread filling between layers of cake.

### Banana Custard Filling

ADD 4 or more sliced bananas to cooled custard filling.

### Butterscotch Filling

COOK and stir in double boiler  $\frac{3}{4}$  cup brown sugar,  $\frac{1}{4}$  cup butter.

Cool slightly. Follow rule for Custard Filling, omitting sugar. Flavor with vanilla.

### Chocolate Custard Filling

FOLLOW rule for Custard Filling. Add to hot milk.

1  $\frac{1}{2}$  ozs. (squares) chocolate cut in pieces.

$\frac{1}{4}$  cup sugar.

Permit chocolate to melt.

### Coffee Filling



FOLLOW rule for Custard Filling.

Substitute for milk 1 cup strong coffee and 1 cup cream.

### Nut Filling

ADD to any of the preceding fillings 1 cupful finely chopped nut meats.

### Lemon Filling

$\frac{1}{2}$  tsp. grated lemon rind  
 $2\frac{1}{2}$  tbsps. lemon juice  
 6 tbsps. orange juice  
 $\frac{1}{3}$  cup water

$\frac{1}{2}$  cup sugar  
 2 tbsps. flour  
 3 egg yolks  
 $\frac{1}{8}$  tsp. salt

STIR and cook in double boiler until thick. Cool filling before spreading.

### Orange Filling

FOLLOW rule for Lemon Filling. Use grated orange rind and only 1 tbsp. lemon juice.

## Pineapple Filling

2 cups crushed pineapple  
 1 tbsp. cornstarch  
 $\frac{3}{4}$  cup sugar

1 tbsp. butter  
 2 egg yolks  
 2 egg whites

COOK pineapple and cornstarch for 15 minutes in double boiler. Add butter and sugar.

Pour hot mixture over egg yolks and return to the double boiler for 1 minute. Cool.

This filling makes a very good pie or tart.

## COOKIES AND SMALL CAKES

### Vanilla Wafers

1 cup sugar  
 $\frac{1}{2}$  cup butter  
 $1\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  cup milk

1 egg  
 2 tsps. baking powder  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. vanilla

CREAM butter and gradually cream sugar into it. Add well-beaten egg and mix. Sift and measure flour, add salt and baking powder. Resift and stir into egg mixture alternately with milk, a little at a time.

ADD vanilla and let mixture chill. Roll out on floured board to about  $\frac{1}{4}$  inch thickness; cut; sprinkle top with sugar.

Bake cookies in moderate to hot oven for about 7 to 15 minutes.

### Cocoanut Vanilla Wafers

PREPARE and cut, ready to bake, recipe for Vanilla Wafers.

Lightly brush tops with slightly beaten egg, and sprinkle on  $\frac{3}{4}$  cup grated or shredded cocoanut.

Bake as directed.

### Chocolate Wafers

1 cup sugar  
 $\frac{1}{2}$  cup butter  
 2 cups flour  
 1 egg

2 ozs. chocolate (2 squares)  
 2 tbsps. milk  
 $\frac{1}{2}$  tsp. soda  
 $\frac{1}{4}$  tsp. salt

CREAM butter and sugar. Add melted chocolate, then milk and well-beaten egg and mix.

Sift and measure flour, add soda and salt and resift. Gradually add flour to sugar-butter mixture, thoroughly mixing.

Roll out on floured board and cut with small round cutter, place on buttered baking tins and bake from about 5 to 10 minutes in moderate oven.

May be put together in pairs with icing between.

### Cocoanut Chocolate Wafers

ADD to chocolate wafers 1 cup shredded cocoanut and  $\frac{1}{2}$  cup chopped nut meats.



# CAKES and COOKIES

# Fillings and Icings \*

## Dixie Molasses Wafers

1 cup New Orleans molasses  
1/2 cup butter and shortening  
3 cups flour  
3 tsps. ginger  
3 tsps. soda  
1 1/2 tsps. salt

BRING molasses to boil; add butter and shortening. Add ginger and salt. Add soda dissolved in a little milk.

Mix well, and add flour, stirring in gradually. Roll mixture, add flour and knead well. Roll thin, cut and bake in moderate oven on greased tins.

Let cool without removing from pans.

If desired, they may be baked on greased heavy paper laid on bottom of pan; by sliding the paper onto a table or board, pan may be used while snaps are cooling.

## Ginger Snaps

1/2 cup shortening or butter  
1 cup brown sugar  
1 cup molasses  
6 cups sifted flour  
1 tsp. ginger  
1 tsp. soda  
1 tsp. salt  
1/2 cup hot water

CREAM shortening and sugar. Beat in molasses. Resift flour with dry ingredients. Add to molasses mixture alternately with water. Knead well. Roll thin. Cut. Bake on greased tins in moderate oven. Cool. Remove from tin.



## School Boy Jumbles

2 cups sugar  
1 cup butter  
4 cups flour  
4 eggs  
3 tsps. baking powder  
3 tbsps. cold water  
1 tsp. vanilla  
1 tsp. almond extract

CREAM butter and sugar well. Gradually add beaten eggs, and liquid. Add flavoring. Sift and measure flour, add baking powder, resift, and gradually stir into mixture.

Roll out lightly on floured board, cut in shapes, sprinkle top with white or colored sugar. Place on well-buttered tins.

Bake in moderate oven until light brown. Placed in stone jar, cookies will keep fresh for several weeks.

Decorate cookies with colored or other icing. Some may be dipped in melted sweet milk chocolate and decorated with nut meats, or put together in pairs with icing between and then dipped.

## Maple Ginger Snaps

SUBSTITUTE in Ginger Snap Recipe, 2 cups granulated sugar for brown sugar; 1 cup maple syrup for molasses; cold water for hot water.

### IMPORTANT NOTE:

THE preceding cookie recipes may be followed for DROP COOKIES. These are more quickly made than rolled cookies.

Use about one half the flour measurement given in recipes. Test one or two cookies by dropping a little batter from a teaspoon onto a greased sheet. Bake the cookie.

If the consistency of batter is too thin, add flour gradually, testing each time, until you have right amount.

Raisins, currants, figs, dates and nut meats may be added to these batters.

## Macaroons

1/2 lb. almonds (or other nut meats) blanched and ground  
1 tsp. rosewater or vanilla  
3 egg whites  
1/8 tsp. salt  
1 1/2 cups powdered sugar

ADD flavoring to ground nuts. Add salt to egg whites.

Whip until they are stiff. Fold in sugar 1 tbsps. at a time. Fold in almonds. Drop batter from a spoon onto greased baking sheet.

Sprinkle macaroons with sugar.

Bake in slow oven until done (for about 10 to 20 minutes).

## Chocolate Macaroons

ADD grated sweet chocolate to recipe for macaroons.

Use 2 ozs. or more.

## Lady Fingers

2 egg yolks  
3/4 tsp. vanilla  
1/3 cup sifted powdered sugar  
1/3 cup sifted flour  
1/8 tsp. salt  
3 egg whites

BEAT the yolks until light. Add vanilla.

Resift flour three times. Add salt to egg whites.

Whip until stiff. Add sugar gradually, beating constantly.

Fold in egg yolks.

Fold in flour.

Shape dough into oblongs on greased paper placed on pan, or pour into greased lady finger tins.

Bake cakes in moderately slow oven for about 6 to 12 minutes.



# Fillings and Icings

## CAKES and COOKIES

### Filled Cookies

PREPARE any rolled cookie dough. Roll and cut it.

Place between layers a teaspoonful of filling. Pinch down edges with a fork.

#### Raisin Filling:

- |  |                          |
|--|--------------------------|
| 1 cup chopped raisins<br>(figs, dates, nutmeats) | ½ tsp. grated lemon rind |
| 6 tbsps. sugar                                   | 2 tps. lemon juice       |
| 5 tbsps. boiling water                           | 2 tps. butter            |
|  | ⅛ tsp. salt              |

BOIL and stir these ingredients until they thicken. Cool filling.



### Oatmeal Drop Cakes

- |                        |                 |
|------------------------|-----------------|
| 1¼ cups sugar          | 5 tbsps. milk   |
| 1 cup shortening       | 2 tps. cinnamon |
| 1 cup raisins or dates | ¼ tsp. soda     |
| 2 cups rolled oats     | 2 eggs          |
| 1 cup flour            |                 |

CREAM shortening, which may be butter, vegetable shortening, or a mixture of both, and cream sugar into it.

If shortening is used, add a little salt to taste. Add beaten eggs, chopped raisins, dates or figs. Add rolled oats mixed with flour. Add cinnamon, soda and milk, and mix thoroughly into fairly stiff batter. Drop by teaspoonfuls on well-greased pan or baking sheet. Space well to allow for spreading.

Bake 7 to 15 minutes in moderate oven.

### Honey Drop Cakes

- |                      |                       |
|----------------------|-----------------------|
| ½ cup strained honey | 1 egg                 |
| ¼ cup sugar          | 1½ tps. baking powder |
| ½ cup butter         | ½ tsp. lemon juice    |
| 1½ cups flour        |                       |

CREAM butter and gradually cream in sugar. Add beaten egg yolk, honey and lemon juice, and mix well.

Sift and measure flour, add baking powder, resift, and mix thoroughly with first mixture. Fold in well-beaten egg whites.

Drop on well-greased tins or baking sheet, and bake in moderately hot oven about 7 to 15 minutes.

### Molasses Drop Cakes

- |                     |                       |
|---------------------|-----------------------|
| ½ cup molasses      | 1½ tps. baking powder |
| ¼ cup sugar         | ¼ tsp. soda           |
| ¼ cup melted butter | 1 cinnamon            |
| ¼ cup boiling water | ½ tsp. nutmeg         |
| 1½ cups flour       | ½ tsp. allspice       |
| ½ cup bread crumbs  | ¼ tsp. salt           |

Mix molasses, sugar, boiling water and melted butter in order named.

Sift and measure flour, add baking powder, soda, salt, and spices.

Resift, and thoroughly stir into first mixture. Add bread crumbs and mix to stiff batter. Drop spoonfuls on well-greased tin, or baking sheet. Bake for about 5 to 12 minutes in moderate oven.

### Ginger Drop Cakes

- |                   |                 |
|-------------------|-----------------|
| 1 cup brown sugar | 2 eggs          |
| 1 cup molasses    | 1 tbsps. ginger |
| 1 cup shortening  | 1 tsp. soda     |
| 4½ cups flour     | ¼ tsp. salt     |
| 1 cup hot water   |                 |

CREAM shortening, butter, or butter and shortening mixed, and gradually beat in sugar, molasses, and beaten eggs.

Add salt and ginger. Dissolve soda in hot water. Add flour and water alternately to butter mixture. Beat well.

Drop spoonfuls on well-greased tins or paper, well apart to allow for spreading. Bake in moderate oven from about 10 to 15 minutes.

### Chocolate Nut Brownies

- |                         |                          |
|-------------------------|--------------------------|
| 4 ozs. (squares) choco- | ¼ tsp. salt              |
| late                    | 1 tsp. vanilla           |
| ¾ cup butter            | 1 cup sifted bread flour |
| 4 eggs                  | 1 cup broken nut meats   |
| 2 cups sugar            |                          |

MELT chocolate over hot water. Add butter. Cool mixture.

Beat eggs until light. Add sugar and salt gradually. Add vanilla. Beat until light. Stir in chocolate mixture, then flour.

Beat batter until smooth. Stir in nut meats. Bake in 9 x 13 pan lined with heavy waxed paper in moderate, rather slow oven for about 15 to 30 minutes.

When cold cut into oblongs.

### Date Bars



- |                      |                           |
|----------------------|---------------------------|
| 3 eggs               | 1 cup nut meats           |
| 1 cup sugar          | 1 cup bread flour (scant) |
| 2 cups chopped dates | 1 tsp. baking powder      |
| 1 tsp. vanilla       |                           |

CREAM eggs and sugar. Add nut meats, dates and vanilla.

Sift dry ingredients and combine with egg mixture. Pour batter into shallow pan lined with wax paper. Bake in moderate oven for about 12 to 25 minutes.

Cut cake into bars and roll them in powdered sugar.

¼ tsp. cinnamon and ¼ tsp. cloves may be added to batter.



# CAKES and COOKIES

# Fillings and Icings \*

## Molasses Squares

1/2 cup sugar  
1/2 cup butter  
1/2 cup molasses  
1 1/2 cups flour

1 1/2 cups chopped nut meats  
1/4 tsp. salt  
1 tsp. vanilla  
3 eggs

CREAM butter and gradually cream in sugar. Add well-beaten eggs, then molasses. Sift and measure flour, add salt, and resift. Stir in flour gradually. Add vanilla. Stir in nut meats. Pour 3/4 inch thick in greased shallow pan. Bake in moderate oven about 15 to 30 minutes. When cooled, cut into squares. Cover with icing if desired. This is a form of cake-candy.

## Cake Squares or Bars

CAKE batters are baked in shallow pans. When cake is cold, it is cut into squares or bars, iced and decorated with raisins, candied cherries and nut meats.

Angel food and sponge cake are delicious cut into finger lengths, rolled in rather thin icing, then in chopped nut meats or cocoanut.

## Cup Cakes

SEE chapter on Cakes.



## Corn Flake Drops

3 egg whites  
1 1/2 cups sugar  
4 cups corn flakes, rolled (measured before rolling)

1 cup nut meats or 1 cup shredded cocoanut  
1 tsp. vanilla

BEAT egg whites until stiff. Add sugar slowly, then fold in remaining ingredients.

Drop batter from teaspoon onto greased baking sheets. Bake in slow oven for about 7 to 15 minutes.

## Anise Cakes

3 eggs  
1 cup sugar  
1 1/2 tbsps. anise seed

1 1/2 cups flour  
1 tsp. baking powder  
1/2 tsp. vanilla

BEAT eggs, add sugar slowly. Continue beating for 1 minute.

Add flour mixed with baking powder. Add vanilla and anise seed, which has been crushed with rolling pin.

Mix batter well and drop by half teaspoonfuls, at least 2 inches apart, on greased baking sheets.

Permit cakes to dry for twelve hours or more, then bake in moderately slow oven for about 7 to 15 minutes.

## Ice Box Cookies

1/2 cup butter  
1 cup brown sugar  
1 egg  
1/2 tsp. soda  
1 3/4 cups bread flour

1/8 tsp. salt  
1/2 tsp. cinnamon  
1/2 tsp. vanilla  
1/2 cup unbroken nut meats

CREAM butter and sugar and beat in egg. Sift dry ingredients and add to butter mixture with vanilla and nut meats.

Shape dough into long roll about 2 inches in diameter. Chill it until hard. Slice into very thin slices.

Bake slices on greased sheet in moderately hot oven for about 5 to 10 minutes.

## Date and Nut Kisses

2 egg whites  
1/8 tsp. salt  
1 cup sugar

1/2 tsp. vanilla  
1 cup dates, chopped  
1 cup nuts, chopped

ADD salt to egg whites. Whip until stiff.

Whip in sugar a tablespoonful at a time. Beat constantly. Fold in other ingredients.

Drop batter from teaspoon onto greased paper. Bake kisses in very slow oven until they will retain their shape.

## German Christmas Cakes

THESE cakes will keep for six months or longer, if placed in a closed tin:

6 lbs. honey (molasses may be substituted)  
1 cup butter  
Flour  
1 lb. almonds, blanched and shredded  
1/2 lb. citron, chopped  
4 cups sugar

4 tbsps. mixed spices, (cinnamon, cloves, nutmeg, mace, etc.)  
4 tbsps. grated lemon rind  
1 oz. carbonate of powdered ammonium dissolved in 1/2 cup water or rum

HEAT honey and butter in large flat tin over low flame. When lukewarm, add sufficient flour to make a semi-liquid dough, about 6 cups.

Remove dish from fire. Add all ingredients, except ammonium. When dough is nearly cold, add dissolved ammonium and sufficient flour to make stiff dough that will not stick to hands.

Dough may be baked at once, but cakes are better when dough has been aged. It will keep for weeks in a cool place.

Roll out dough (it may be necessary to warm it) and spread to the thickness of 1/4 inch in shallow greased pans. Bake in moderate oven. Cut cake into squares, or oblongs. They may be iced.

See Icing for Cookies or Christmas Cakes.

Shown in photograph are Angel Food Cake, page 86; Chocolate Devil's Food, page 87; White Cake, page 87; Yellow Cake with Caramel Icing, page 86; Jelly Roll, page 89; Cup Cakes, page 88. Note Icing Recipes, page 91.









## Cornstarch Pudding

3 cups milk  
5 tbsps. cornstarch  
4 tbsps. sugar

1 egg  
1/4 tsp. salt  
1/2 tsp. vanilla

SCALD 2 1/4 cups milk. Combine and stir cornstarch, 2 tbsps. sugar, 3/4 cup milk and salt. Add these to scalded milk. Stir and cook mixture over very low heat until it thickens.

Beat egg and 2 tbsps. sugar. Pour some hot mixture over egg, beat and return all to pan. Stir over very low heat until egg thickens slightly. Remove from fire. Cool. Add vanilla. Chill. Serve with stewed fruit or sauce.

## Cup Custard

2 cups milk  
1/4 to 1/2 cup sugar  
1/8 tsp. salt

3 egg yolks  
1/2 tsp. vanilla  
1/8 tsp. nutmeg (optional)

SCALD milk with sugar, salt and nutmeg. Pour over beaten yolks, add vanilla and pour custard into baking dish, or individual molds.

Place molds in pan of hot water in moderately slow oven until set. To test, insert silver knife or spoon. If custard does not adhere to it, it is ready to be removed from oven. Chill and serve with Caramel Sauce.

## Chocolate Cornstarch Pudding

FOLLOW above rule. Scald with milk 1 1/2 ozs. grated chocolate, add 4 tbsps. sugar.

## Fruit Blanc Mange

PLACE drained fruit in bottom of serving dish. Pour cornstarch pudding over it. Chill. Serve with whipped cream and fruit juice.

## Rice Pudding

2 cups boiled rice  
1 1/3 cups milk  
2 eggs  
1/8 tsp. salt  
1/4 cup sugar (scant)

1 tbsp. soft butter  
1 tsp. vanilla  
1/3 cup raisins  
1 tsp. lemon juice, or  
nutmeg

Combine milk with rest of ingredients, and pour over rice. Mix well with fork.

Grease baking dish and cover bottom and sides with bread crumbs. Put rice in; cover top with bread crumbs. Bake pudding in moderately slow oven until set. Serve hot or cold.

Crushed pineapple may be substituted for part of milk.

## Farina Pudding

2 cups milk  
1/4 cup sugar  
1/2 cup farina  
1 tbsp. butter

2 egg yolks  
1 tsp. vanilla  
Pinch of salt  
2 egg whites

BOIL milk with sugar, add farina. Stir until farina is well cooked and thick. Add butter and when melted, remove pan from fire. Beat in egg yolks, cool mixture and add vanilla. Add salt to egg whites and whip until stiff. Fold into farina mixture.

Chill pudding thoroughly. Serve with cream, fruit juice, stewed fruits or crushed berries.

## Tapioca Pudding

1/2 cup quick cooking  
tapioca  
1/2 cup sugar  
1/4 tsp. salt

4 cups milk, scalded  
1 egg yolk, slightly  
beaten  
1 tsp. flavoring  
1 egg white, stiffly beaten

ADD tapioca, sugar, and salt to milk. Cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of tapioca mixture over egg yolk, stirring vigorously. Return to double boiler. Cook until thickened.

Remove from fire and add flavoring. Fold in egg white. Chill. Serve with any desired fruit, sauce, or garnish.

## Boiled Custard or Custard Sauce

4 egg yolks  
1/4 cup sugar  
2 cups hot milk

1/8 tsp. salt  
1/2 tsp. vanilla

BEAT yolks slightly, add sugar and salt. Stir in hot milk gradually. Place custard over very slow fire and stir constantly. See that it does not boil—or cook over hot water until it begins to thicken.

Strain and cool custard, add vanilla and chill thoroughly. Not a firm custard, really custard sauce.

## Indian Pudding

4 cups milk  
1/3 cup cornmeal  
1/3 cup dark molasses  
1/4 cup sugar

1 tsp. salt  
1 tsp. ginger  
1 cup milk

COOK 4 cups milk and cornmeal in double boiler for 20 minutes, then add next 4 ingredients. Place in greased baking dish and cook in slow oven about 2 to 3 hours. After 1 hour's cooking, stir in 1 cup milk.

Serve pudding hot with cream.



# Puddings and Sauces



## DESSERTS

### Cottage Pudding

- |                         |                          |
|-------------------------|--------------------------|
| 1/2 cup sugar           | 2 1/2 tps. baking powder |
| 1 egg                   | 1/8 tsp. salt            |
| 1/2 cup milk            | 4 tbsps. melted butter   |
| 1 3/4 cups sifted flour | 1/2 tsp. vanilla         |

ADD baking powder and salt to sifted flour. Sift twice. Put egg and sugar in bowl, beat well; add milk and flour alternately, beating well after each addition. Add melted butter and beat again.

Bake in lightly buttered muffin tins, oblong or loaf pan, in moderate oven. Serve with sauce or stewed fruit.

### Queen of Puddings {Bread Pudding}

- |                 |                          |
|-----------------|--------------------------|
| 2 cups milk     | Grated rind of 1/2 lemon |
| 1/2 cup sugar   | 2 egg yolks              |
| 1/8 tsp. salt   | 1/2 tsp. vanilla         |
| 1 tbsps. butter | 1 cup bread crumbs       |

SCALD milk, add sugar, salt, butter and lemon rind. Pour mixture over egg yolks and beat well. Add vanilla and bread crumbs. Place ingredients in buttered baking dish set in pan of hot water. Bake pudding in moderately slow oven, until firm. Cool slightly, cover top with dabs of jelly and meringue made with 2 egg whites and 4 tbsps. sugar. Bake pudding in moderately slow oven until meringue is set.



### Apple Pudding

- |                            |  |
|----------------------------|--|
| 1 egg                      | 4 medium-sized tart apples, peeled and diced |
| 3/4 cup sugar              | 1 tsp. vanilla                               |
| 1 tbsps. flour             |  |
| 1 tsp. baking powder       |  |
| 1/2 cup nut meats, chopped |  |

CREAM egg and sugar. Combine remaining ingredients in order given. Bake pudding in moderately slow oven until apples are done (about 1/2 hour). Serve cold with cream.

### Dried Apple Pudding

- |                    |                   |
|--------------------|-------------------|
| 1 cup dried apples | 1/2 tsp. cinnamon |
| 2 1/2 cups flour   | 1/4 tsp. cloves   |
| 1/2 cup molasses   | 1 tbsps. butter   |
| 1/2 cup buttermilk | 1 egg             |
| 1 tsp. soda        |                   |

SOAK dried apples over night and chop fine. Beat eggs and stir in buttermilk and molasses, to which butter and soda have been

added. Sift and measure flour, add spices and resift. Gradually add and mix flour into first mixture; pour into greased baking pan and bake in moderately slow oven for about 1 hour. Serve with cream or sauce.



### Brown Betty

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1 1/2 cups bread crumbs          | 1/4 tsp. salt               |
| 3 tbsps. melted butter           | 1 tsp. grated lemon rind    |
| 2 1/2 cups peeled, sliced apples | 1 tsp. vanilla              |
| 3/4 cup brown sugar              | 2 tbsps. lemon juice        |
| 1/4 tsp. cinnamon                | 2 tbsps. water              |
| 1/4 tsp. nutmeg                  | 1/2 cup raisins or currants |

MIX crumbs and butter. Place one-third in baking dish. Combine other ingredients. Place in dish in two layers with crumbs between and on top. Cover.

Bake in moderately slow oven about 30 to 45 minutes. Remove cover, brown top. Serve hot with hard sauce or cream.

### Apricot or Prune Betty

FOLLOW above rule. Substitute stewed sweetened, drained fruit for apples.

Use 3/4 cup fruit instead of water and lemon juice. Add 2 tbsps. sugar.

### Cranberry Pudding

- |                    |                     |
|--------------------|---------------------|
| 2 cups cranberries | 1 tsp. cream tartar |
| 1 cup sugar        | 3/4 tsp. soda       |
| 1/2 cup milk       | 1/4 tsp. salt       |
| 2 cups flour       | 2 egg yolks         |
| 3 tbsps. butter    |                     |

COARSELY chop and measure cranberries. Sift and measure flour, add cream of tartar, soda and salt; resift. Cream butter and cream sugar into it; beat egg yolks and beat into sugar-butter mixture. Add milk and stir.

Add flour mixture and beat; add chopped cranberries. Turn into baking dish and cook in moderate oven about 25 to 45 minutes. Serve hot with cream.

### Steamed Raisin Puff

- |                |                       |
|----------------|-----------------------|
| 1/2 cup butter | 3 tps. baking powder  |
| 3 tbsps. sugar | 1 cup milk            |
| 2 eggs         | 1 cup chopped raisins |
| 2 cups flour   |                       |

CREAM butter and sugar, beat in eggs, sift flour with baking powder and add alternately with milk. Add raisins. Steam pudding for one hour. Serve hot with hard or lemon sauce.



# DESSERTS \*

## Puddings and Sauces



### Prune or Apricot Soufflé (Whip)

- |   |   |
|---|---|
| 1 cup thick prune pulp<br>(stewed, sweetened<br>prunes, strained) | 1/8 tsp. salt<br>1/4 tsp. cream of tartar<br>1/2 cup nut meats, broken<br>or chopped (optional) |
| 5 egg whites  |   |

IF there are no stewed, sweetened prunes on hand, soak and stew 1/2 pound prunes; 1/2 cup sugar may be added to prunes, or may be folded into beaten whites. Remove seeds from stewed prunes; strain pulp. Add salt to egg whites and beat until mushy, add cream of tartar and beat until stiff.

Fold in prune pulp and nuts. Bake whip in baking dish set in pan of hot water in slow oven, until firm (about 1/2 to 1 hour). Serve hot or cold, with cream or custard sauce. Half teaspoonful lemon juice may be used in place of cream of tartar. Add it to prune pulp.

One cup apricot pulp, thick apple sauce, etc., may be substituted.

### Plum Pudding

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| 1 lb. suet, chopped                 | 1 tsp. salt                     |
| 1 lb. seeded raisins                | 7 egg yolks                     |
| 1 lb. currants, washed<br>and dried | 6 tbsps. sugar                  |
| 1 lb. citron, chopped               | 4 tbsps. cream                  |
| 1/2 cup flour                       | 1/2 cup brandy or sherry        |
| 1 nutmeg, grated                    | 3 cups grated bread<br>crumbs   |
| 1 tbsps. cinnamon                   | 7 egg whites, stiffly<br>beaten |
| 1/2 tbsps. mace                     |                                 |

ONE-HALF cup orange juice and 2 tbsps. grated orange rind may be substituted for brandy.

Prepare first four ingredients and dredge with flour. Add remaining ingredients in order given. Place batter in greased mold. Steam pudding for 6 hours. Serve with hard sauce.



### Rule for Steaming Puddings

PLACE pudding in well-greased pudding mold, in individual cups made for this purpose, or in tin receptacle having tightly fitted lid. (A baking powder can may be used.) Fill mold or molds two-thirds full. Place receptacle in steamer over boiling water, or place on a rack in kettle of boiling water. Keep water boiling and do not jar kettle or let water diminish to any extent. Add boiling water so that more than one-half of mold is immersed all the time. This will insure a light, well-cooked pudding.

### Steamed Date Pudding

- |                     |                        |
|---------------------|------------------------|
| 1 cup chopped dates | 1 1/4 cups flour       |
| 1/4 cup butter      | 4 tbsps. baking powder |
| 1 cup brown sugar   | 1/2 tsp. salt          |
| 1 egg beaten        | 1 cup milk             |
| 1/2 tsp. vanilla    | 1 cup broken nut meats |

CREAM butter and sugar, add beaten egg, vanilla and then combined and sifted dry ingredients, alternately with milk, last nut meats and dates.

Steam pudding in mold for 2 hours and serve hot with foamy sauce.

### Creole Molasses Pudding

- |                                  |                         |
|----------------------------------|-------------------------|
| 1 cup dark molasses              | 1/2 cup citron, chopped |
| 1/2 cup hot water                | 1 tsp. soda             |
| 2 cups flour                     | 2 eggs                  |
| 1 cup seeded raisins,<br>chopped |                         |

BEAT eggs until light; add soda to hot water and add to molasses. Stir in eggs; beat flour into mixture; roll raisins in flour, and stir in with citron.

Steam pudding in mold for 2 hours. Serve with sauce.

### Fruit Whip—Gelatin

- |                         |                                 |
|-------------------------|---------------------------------|
| 1 scant tbsps. gelatin  | 1 cup crushed or riced<br>fruit |
| 1/4 cup cold water      | 1/8 tsp. salt                   |
| 1/4 cup boiling water   | 4 egg whites                    |
| 1 scant cup sugar       |                                 |
| 1 lemon, rind and juice |                                 |

GRATE lemon rind into sugar. Soak gelatin in cold water, dissolve in boiling water, add sugar, and when dissolved remove gelatin from fire.

Add lemon juice and crushed fruit. Place saucepan in ice water and when gelatin is cool, whip with wire whisk until frothy. Add salt to egg whites and beat until stiff. Combine them with gelatin mixture and whip the sponge until it holds its shape.

Chill and serve with cream. Use cooked prunes, apricots, apples, crushed strawberries, raspberries, canned pineapple, etc., alone, or combined with other fruits. If used alone, add 1 tsp. vanilla.

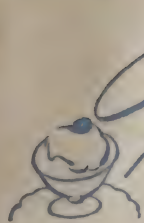
### Snow Pudding

- |                     |               |
|---------------------|---------------|
| 1 tbsps. gelatin    | 1/4 cup sugar |
| 1/4 cup cold water  | 1/4 tsp. salt |
| 1 cup boiling water | 3 egg whites  |
| 1/4 cup lemon juice |               |

SOAK gelatin in cold water, dissolve in boiling water, add lemon juice and sugar. Chill mixture until about to set. Add salt to egg whites, beat to a stiff froth and combine with lemon jelly.

Continue beating until pudding holds its shape. Chill; serve with custard sauce.





# Puddings and Sauces \* DESSERTS

## Marshmallow Pudding

1½ tbsps. gelatin  
½ cup cold water  
½ cup boiling water  
¼ tsp. salt

4 egg whites  
1 tsp. vanilla  
1 cup sugar

SOAK gelatin in cold water; dissolve in boiling water. Add salt to egg whites. Whip until they hold a point, then add cooled first mixture in a slow stream.

Add sugar, ½ cup at a time, beating constantly. Add vanilla and beat pudding until it thickens. Chill; serve with custard sauce, or crushed fruit.

## Charlotte Russe

2 tbsps. gelatin  
¼ cup cold water  
2 cups milk  
½ cup sugar  
2 to 4 egg yolks

1 tsp. vanilla, or 1 tsp.  
brandy  
¼ tsp. salt  
2 to 4 egg whites  
2 cups cream, whipped

SOAK gelatin in cold water. Scald milk and pour over yolks, beaten with sugar, add dissolved gelatin and stir custard over very low heat until it begins to thicken. Cool; add flavoring.

Add salt to egg whites, beat until stiff; fold into custard. Beat cream until stiff; fold into custard. Line mold with lady fingers, fill with custard; chill pudding thoroughly. Invert contents of mold onto platter. Serve garnished with cherries and whipped cream (optional).

## Chocolate Charlotte

1 tbsps. gelatin  
¼ cup cold water  
¾ cup milk  
1 oz. chocolate

1 pint double cream  
1 egg white  
1 scant cup sugar  
1 tbsps. vanilla

No. 1: Soak gelatin in cold water. Heat milk to scalding point. Dissolve gelatin and chocolate in it. Chill milk mixture and when it begins to thicken fold it into No. 2.

No. 2. Beat cream until stiff, add stiffly beaten egg white, sugar and vanilla. Combine with No. 1 and pour mousse into mold.

Chill, unmold and serve with cream, or whipped cream.



## PUDDING SAUCES

### Strawberry Hard Sauce

½ cup butter  
1 cup powdered sugar

¾ cup strawberries,  
crushed  
1 egg white, whipped

FOLLOW rule for Hard Sauce. ½ cup raspberries or 1 cup crushed bananas may be substituted for strawberries.

## Hard Sauce

2 tbsps. to ¼ cup butter  
1 cup powdered sugar,  
sifted  
¼ tsp. salt

Flavoring—1 tsp. or  
more vanilla, lemon,  
orange, coffee, whis-  
key, rum, brandy, etc.  
1 egg (optional)

CREAM butter until very soft. Add sugar gradually, then salt. Beat to a smooth, soft consistency. Beat in flavoring and egg. Chill well.



## Chocolate Sauce

1 cup boiling water  
½ cup sugar  
1 oz. chocolate  
¼ tsp. salt

½ tsp. vanilla (added  
when sauce is  
cooked)

COOK sauce slowly until consistency of thin syrup. Cool slightly and add vanilla. Do not stir while cooking. Serve hot or cold. Sauce may be made in large quantity and kept in icebox for days.

## Lemon Sauce

½ cup sugar  
1 tbsps. cornstarch  
1 cup boiling water  
2 tbsps. butter

1½ tbsps. lemon juice  
¼ tsp. nutmeg  
¼ tsp. salt

COMBINE sugar and cornstarch and add water slowly, stirring sauce constantly. Boil over low flame until thickened (for about 5 minutes) remove from fire and add remaining ingredients.

Then 1 egg may be beaten in.

## Brown Sugar Hard Sauce

½ cup butter  
1 cup brown sugar  
4 tbsps. cream

2 tbsps. wine or 1 tsp.  
vanilla

CREAM butter, add sugar slowly, add cream and wine drop by drop. Beat sauce constantly. Chill well.

## Foamy Sauce

5 tbsps. to ½ cup butter  
1 cup powdered sugar  
1 egg yolk

1 tsp. vanilla, or 2 tbsps.  
wine  
¼ tsp. salt  
1 egg white

CREAM butter, add sugar slowly, vanilla and egg yolk. Beat sauce over hot water until smooth, then fold in egg white beaten stiff with salt.



# DESSERTS \*

# Puddings and Sauces



## Vanilla Sauce

FOLLOW rule for Lemon Sauce, substitute 1 tsp. vanilla for lemon juice.

## Orange Sauce

1 tsp. grated lemon rind	2 egg yolks, slightly beaten
1 1/2 tps. lemon juice	1/8 tsp. salt
1/2 cup orange juice	2 egg whites
5 tbsps. sugar	1 tsp. vanilla

COMBINE first 5 ingredients, place over low heat. Stir constantly until smooth and thick. Remove from fire. Add salt to egg whites, beat until stiff, fold into sauce, cool, then add vanilla.

## Fruit Sauce



1/2 cup sugar	1 cup water
3 tbsps. flour	2 tbsps. butter
1/8 tsp. salt	1 tbsp. lemon juice
1 cup sliced peaches, crushed fruit, or fruit juice	1/8 tsp. cinnamon or nutmeg

COMBINE sugar, flour and salt. Add remaining ingredients. Cook over hot water, stir constantly until thick and smooth. Serve sauce hot or cold.

One or 2 tbsps. whiskey or wine may be added.

## Caramel Syrup

PLACE 3 cups sugar in iron skillet and melt over very slow fire. If a strong caramel flavor is desired, sugar may be burned slightly. Stir constantly.

Add 3 cups boiling water gradually and cook ingredients until the consistency of maple syrup. This may be kept indefinitely in closed jar.

## Caramel Sauce

1/4 cup caramel syrup	1 tsp. vanilla
2 cups cream	1/8 tsp. salt

FINE over rice, tapioca, etc.

## Raisin Sauce

1 1/2 cups water	2 tbsps. butter
1/3 cup raisins	1 tsp. flour
1/4 cup sugar	Grating of nutmeg or lemon rind
1/8 tsp. salt	

BOIL first 4 ingredients 15 minutes. Melt butter, stir in flour. Add sauce slowly. Stir until it boils. Add flavoring.

## Economy Sauce

1 1/2 cups water	2 tbsps. cornstarch
1/2 cup sugar	2 tbsps. butter
2 tbsps. molasses	1 tsp. vanilla
1/2 cup milk	Whiskey, etc.

STIR first 3 ingredients over heat until sugar is dissolved. Combine milk and cornstarch. Stir into sauce.

Cook 2 minutes. Remove from fire. Stir in butter and vanilla.

## ICE CREAMS AND ICES

**Handling the Freezer:** See that freezer-can, cover and dasher are thoroughly scalded and rinsed with cold water before using; also that they are well washed and dried immediately after using.

It is best not to have freezer more than three-fourths full of mixture at beginning.

Cream that is 24 hours old makes a finer grain than fresh cream. When possible, dissolve sugar in liquid over heat before adding to cream. Turn freezer slowly at first. When a slight pull is felt, turn rapidly. If cream is to be used at once, turn until very stiff. If it is to be packed, turn until consistency of thick sauce.

Rock, or crystal salt is better for mixing with crushed ice than finer salt. After freezer is emptied, let salt settle to bottom of bucket, drain off water and spread salt on board to dry, that it may be used again.

One part salt to three parts crushed ice is the proper mixture for freezing.

Fill in around can with ice and salt to within about 1 inch of top of can. As ice melts, drain off water and replenish with ice and salt.

Before removing can cover, always wipe off salt, dash with a bit of clean water and wipe thoroughly, especially around edge of cover.

The hole in the side of bucket should be corked when packing freezer with ice. Packing should be done with one part salt to four parts ice, pack dry ice over top of can, and cover freezer with a heavy blanket and set in cool place.

In replacing can cover before packing, place a clean paper over top of can and replace cover tightly; also cork dasher hole in top of cover.

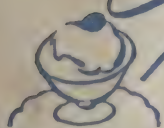


## Vanilla Ice Cream

1 quart cream	1 1/2 tps. vanilla
3/4 cup to 1 cup sugar	1/8 tsp. salt

HEAT 1 cup cream and dissolve sugar in it. Cool, add remaining ingredients and freeze cream.





# Puddings and Sauces + DESSERTS

## Caramel Ice Cream

ADD 2 or more tablespoons caramel syrup to vanilla ice cream.

## Chocolate Ice Cream

1 1/2 squares chocolate, or 1/4 cup cocoa  
1 cup sugar  
1/2 cup hot water  
1/4 tsp. salt  
1 tbsp. vanilla  
1 quart thin cream

MELT chocolate, add sugar, salt and hot water. Chill mixture, flavor, add to cream and freeze.

## Coffee Ice Cream

3 cups milk  
1 1/2 cups sugar  
2 eggs beaten  
3 tbsps. very strong boiled coffee  
1/2 tsp. salt  
1 cup cream, beaten

SCALD milk, add sugar and pour mixture over eggs. Cook custard over very slow fire, or in double boiler, stir constantly until thick. Add coffee and salt. Cool mixture, add beaten cream and freeze.

## Caramel Nut Ice Cream

2/3 cup sugar  
1/3 cup sugar  
2 cups milk  
1 cup rich cream  
1 1/2 tbsps. vanilla  
1/8 tsp. salt  
2/3 cup chopped walnuts  
3 egg yolks

PUT first part of sugar into granite saucepan, and place pan on hot part of range; stir until melted and color of maple syrup. Chop, or grind, nuts very fine, mix with the caramelized sugar and turn into well-buttered pan to cool.

When cooled, pound or grind into powder; beat egg yolks, add 1/3 cup sugar, milk and salt; add and mix in caramelized nut sugar, vanilla and cream. Freeze.

## Strawberry, Peach, etc., Ice Cream

1 1/2 cups crushed berries, or fruit  
Sugar

WHEN Vanilla Ice Cream is frozen to a fairly stiff consistency, add crushed sweetened berries and freeze until stiff.

## Peppermint Ice Cream

1/2 lb. peppermint sticks  
2 cups milk  
2 cups cream

GRIND or crush candy and soak in milk for 12 hours. Combine milk and cream and freeze mixture.

## Lemon Ice

2 tbsps. grated lemon rind  
2 cups sugar  
4 cups water  
1/4 tsp. salt  
3/4 cup lemon juice

GRATE rind into sugar. Combine sugar, water and salt, and boil for 5 minutes. Add lemon juice, chill mixture and freeze.

## Orange and Lemon Ice

2 tbsps. grated orange rind  
2 cups sugar  
4 cups water  
1/4 tsp. salt  
2 cups orange juice  
1/4 cup lemon juice

FOLLOW the rule for Lemon Ice.

## Pineapple (or other fruit) Ice

1 cup sugar  
4 cups water  
1/8 tsp. salt  
1 cup crushed pineapple or raspberries, strawberries, etc.  
6 tbsps. lemon juice

BOIL water with sugar for 5 minutes. Cool syrup, add remaining ingredients and freeze.

## "Home Comfort" Freeze

3 oranges—juice  
3 lemons—juice  
3 bananas—mashed  
3 cups water  
3 cups sugar

MIX thoroughly and freeze.



## Lemon, Orange or Pineapple Sherbet

FOLLOW rules for Lemon or Orange Ice. Use only 2 cups water.

Freeze to consistency of mush. Whip until stiff 2 egg whites, 1/8 tsp. salt.

Fold into ice. Freeze until firm.

Pack for 1 hour before using.

## Lemon Milk Sherbet

7 tbsps. lemon juice  
1 1/3 cups sugar  
3 1/3 cups milk or milk and cream

DISSOLVE sugar in lemon juice. Add gradually to milk. If milk curdles, it will not matter.

Freeze, pack, permit to stand 3 hours before using.





## General Rules for Still Freezing

RECIPES for ice cream to be frozen in an ice cream freezer may be used in molds packed in ice or in a mechanical refrigerator.

It is wise to reduce the sugar measurement by one-fourth, to use about  $\frac{1}{3}$  corn syrup to  $\frac{2}{3}$  sugar, and to use powdered sugar in place of granulated sugar in uncooked mixtures.

If made in refrigerator, it is also wise to beat mixture well when frozen to a mush, then freeze it until firm.

In case of sherbet or ice, beat a second time about 1 hour before serving. (This is to avoid an icy quality.)

If recipes are for a freezer, it is well to add some thickening, that is, cornstarch, eggs, gelatin, marshmallows, junket, tapioca, or whipped cream.

## Rule for Sealing and Packing a Mold

MOLDS fitted with tightly closing lids are made for freezing creams and ices. If there is no mold available, a baking powder can, or other tin receptacle that will close tightly, may be used.

Fill mold with any desired mixture suited to the purpose of still freezing, cover top of can with piece of heavy waxed paper and adjust lid. Let waxed paper protrude for an inch or more.

Lift paper and spread a generous coating of lard around container under paper, then plaster paper down firmly and spread lard around edge of lid. This will keep salt water from penetrating.

Have ice ready that has been pounded into small pieces, and set mold in bed of ice. Allow from 2 to 6 portions of ice to 1 of salt, and cover mold completely. A bucket or pail is best that will allow for about a three-inch packing.

Freeze from 4 to 6 hours.

## Vanilla Mousse

2 cups cream  
 $\frac{2}{3}$  cup powdered sugar  
 $1\frac{1}{2}$  tps. vanilla, coffee  
essence, or

2 tbsps. caramel syrup  
 $\frac{1}{2}$  cup whipping cream

STIR and dissolve sugar in cream. Chill to mush. Beat until light.

Add flavoring. Fold in lightly beaten cream. Return to refrigerator tray. Freeze until stiff.

## Chocolate Mousse

ADD to Vanilla Mousse 2 squares (ozs.) cooled melted chocolate.

## Mocha Mousse

1 cup sugar  
 $\frac{1}{2}$  cup water  
1 cup coffee  
1 cup cream, whipped

1 tsp. gelatin  
 $\frac{1}{2}$  tsp. vanilla  
3 egg yolks

SOAK gelatin in 2 tbsps. cold water. Boil sugar and water 5 minutes, pour onto beaten egg yolks, and cook in double boiler until cream-like.

Dissolve soaked gelatin in strong boiling coffee; when cooled, add cooked mixture, whipped cream and vanilla. Pour into mold and pack as directed for about 3 hours.

## Orange Ice and Frozen Whipped Cream

The juice of 6 oranges  
Sugar

1 pint cream, whipped  
 $\frac{1}{2}$  cup nut meats

SWEETEN orange juice, if oranges are acid. Whip cream until stiff and combine with nuts. Put orange juice in bottom of mold; pile cream on top.

Pack as directed for about 3 hours.

## Ices or Sherbets for a Refrigerator

SOAK 2 tps. gelatin in 2 tbsps. water.

Dissolve over heat. Cool, add to any rule given for ice or sherbet.

Freeze as directed.

## Frozen Canned Fruit

PACK as directed and freeze canned fruit for about 2 hours.

Open can, slip out fruit. Serve with whipped cream.





## Butter Scotch

1 cup sugar  
1 cup corn syrup

2 tbsps. butter  
½ tsp. vinegar

BOIL all ingredients except butter (which should be added when nearly done) until brittle when dropped into cold water. Pour thinly into buttered pans.

## Divinity

2 cups sugar  
⅓ cup corn syrup  
½ cup boiling water  
1 cup nut meats

Salt (pinch, or to taste)  
Whites of 2 eggs, well beaten

BOIL sugar, corn syrup and water until it forms hard ball when dropped into cold water. Then pour slowly into beaten egg whites and beat until cool enough to pour into greased platter. Add nuts just before it is cool.

## Fondant

4 cups granulated sugar ¼ tsp. cream of tartar  
1½ cups boiling water

PLACE sugar in saucepan, add cream of tartar, pour over this the boiling water. Dissolve thoroughly, and boil without stirring until it will form a soft ball when dropped in cold water. Set aside until almost cool. Stir until creamy, turn out on large platter and knead. This fondant can be kept indefinitely if placed in bowl and covered with a damp cloth.

## Fudge

3 cups sugar  
3 squares chocolate

1 cup milk  
Butter, size of a walnut

BOIL until soft ball forms in water. Cool, without beating. Then beat until quite stiff. Pour into buttered pan or platter.

## Peanut Brittle

2 cups sugar

½ to 1 cup shelled peanuts

REMOVE skins from peanuts—chop slightly. Place in greased pan. Put sugar in heavy skillet and heat slowly until it becomes a light brown syrup—stirring constantly. Pour over peanuts. Mark into squares while warm.

## Molasses Taffy

1 cup New Orleans molasses  
½ cup sugar

1 tsp. butter  
1 tbsps. water  
¼ tsp. soda

MELT butter in an iron skillet, add molasses, water and sugar and stir until sugar is dissolved. Stir occasionally until nearly through. Then stir constantly. Boil until it forms a hard ball when dropped into cold water. Remove from flame, add the soda, and pour into well-greased pan. When cool, pull until light and porous. When it begins to harden, stretch to desired thickness and cut into small pieces with scissors or a knife.

## Pralines

2 cups powdered sugar  
½ cup cream

1 cup maple syrup  
2 cups pecan nut meats

BOIL sugar, syrup and cream to soft ball stage. Remove from fire and beat until creamy. Add nut meats partly broken, and drop from spoon in small clusters.

## Taffy

3 cups sugar  
¼ tsp. cream of tartar

½ cup boiling water  
½ tbsps. vinegar

BOIL without stirring until when tried in cold water the mixture will become brittle. Cool on buttered platter. Pull until glossy white.

## Lemon Drops

2 cups powdered sugar Lemon juice

POUR enough lemon juice over the powdered sugar to dissolve it. Boil to a thick syrup. When brittle, drop in small balls on buttered plates.

## Caramels

2 cups granulated sugar  
2 cups cream  
1 tsp. vanilla

1¾ cups corn syrup  
1 cup butter  
1 cup chopped nut meats

BOIL sugar, corn syrup, half the cream and butter. Stir in second cup of cream while candy is boiling. When candy forms firm ball in cold water, add vanilla and nuts.

Turn out into buttered tins and, when nearly cold, cut into cubes and wrap in waxed paper.



## GENERAL DIRECTIONS—HOME CANNING

*By Jar-Cooked Method*

MODERN home economists agree that the jar-cooked method of canning is superior to the open kettle from the standpoint of success of the finished product and ease of preparation.

Also known as the Cold Pack Method, because when first introduced, food received no preliminary cooking before being packed into jars, the Jar-Cooked Method now consists of packing partially cooked food into clean hot jars. The short pre-cooking shrinks the products, which facilitates packing and drives out air. The jars and their contents are then sterilized and cooked at the same time, preventing entrance of bacteria during the canning process.

Sterilization of the jars and contents, or processing, is accomplished by steam or boiling water. Since the temperature of steam is higher than that of boiling water, processing in a steam pressure cooker is the most reliable way of jar-cooking. It is especially recommended for meats and fish and the non-acid vegetables. A pressure cooker is a good investment for those who plan a great deal of canning. It is also a convenience in other forms of cookery. Detailed directions for their use are furnished by the manufacturers. Cost of a good cooker is now considerably less than it was a few years ago.

Processing in boiling water is dependable when directions are carefully followed. A regular hot water canner may be bought for this purpose. Or the old wash boiler (clean, of course), will suit the purpose. Other utensils needed are a rack to fit into the bottom of the boiler so jars will not crack from direct contact with heat (a wire one may be bought for this purpose, although any handy man should be able to fashion a convenient one), and a holder for lifting the jars out of the boiling water (a wire one with a handle may be bought for this purpose, although a long-handled skimmer will do).

Non-acid vegetables, meats and fish, especially, *should be boiled ten or fifteen minutes after cans are opened, before eating.*

THERE are six general steps to follow in the canning of foods by the jar-cooked method, with either the pressure cooker or boiling water bath:

1. Prepare for smooth-running canning operation by first getting together and checking over all necessary utensils and materials. Wash jars and lids and discard any imperfect ones. Be sure rubbers are new, for even unused left-over ones deteriorate in a year's time. Clean and pare or cut up food just as you would if planning to cook it for immediate eating. Size of pieces may depend upon convenience of packing in jars.

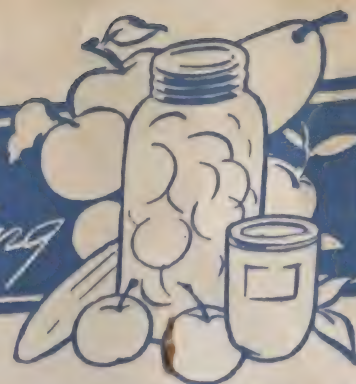
2. Pre-cooking. Large fruits and vegetables should be put in a wire basket and immersed in boiling water and boiled 5 minutes, counting from the time the water begins to boil again. Then dip up and down in cold water two or three times, to keep shape and make

handling easier. Berries, soft fruits and vegetables may be canned without pre-cooking. Pre-cook hard fruits a short time in syrup before canning them.

Tomatoes and peaches may be scalded about 2 minutes to remove skins easily. Greens may be wilted over steam to reduce their bulk and preserve volatile oils. Meat and fish may be partially cooked (about two-thirds done) by simmering or baking, or meat may be seared for brown flavor and color.

3. Pack prepared food in clean jars that have been heated in the oven or rinsed in warm water to prevent cracking. (They need not be sterilized by boiling.) Pack firmly but not so tightly that material is crushed. Pack fruits and vegetables within  $\frac{1}{2}$  inch of top of jars, excepting lima beans, peas and corn, which swell considerably. These and meats should be packed within 1 inch of top of jars.





## Fruit Canning

Fill jars of vegetables with boiling water to within  $\frac{1}{4}$  inch of top. Add 1 teaspoon salt to each quart. Fill jars of fruit with sugar syrup (see Sugar Syrup Formulas) to within  $\frac{1}{2}$  inch of top. No liquid is necessary with canned meats and fish, although a few tablespoons of pan gravy may be added to each quart jar with 2 teaspoons salt.

4. When jars are packed, put on fresh new rubbers and partially fasten the tops to allow for expansion. If the tops fasten with levers, leave the lower one up. If they screw, do not quite complete turning.

5. To process jars in steam pressure cooker, follow directions of manufacturer carefully. For processing in water bath, fill boiler with water about height of jars. When the water comes to a boil, lower the jars on the rack slowly into the boiler. Add more boiling water to cover the jars 2 inches above the tops. Continue to add water as that in the boiler evaporates. Process the required length of time for the particular food (see Time Chart for canning), counting from the time the water begins to boil after the cans have been added. Remove jars from boiling water as soon as time is up.

6. Finish by tightening covers on jars immediately. Place the jars upside down on a cloth and keep off draughts until cool. Then wash them and label them. Or wrap them in paper or small paper sacks (saved for this purpose) to keep off dust and note contents of jars on wrappers. Store in a cool, dark, dry cupboard.



## Time Chart for Jar-Cooking

	Pressure Cooker	Boiling Water
Fruit.....	5 to 15 min. at 5 lbs.	15 to 30 min.
Vegetables	40 to 70 min. at 10 lbs.	1 1/2 to 3 1/2 hrs.
Meats and Poultry.	65 min. at 15 lbs.	3 hrs.
Fish.....	90 min. at 15 lbs.	4 hrs.

NOTE: The above Time Chart is based upon a 1-quart pack at altitudes up to 1000 feet for processing in water bath. Increase the time 10 per cent for each additional 500 feet. For processing in pressure cooker, add 1 pound of pressure for each additional 2000 feet of elevation after the first 2000 feet.

Most fruits are most satisfactorily canned in a sugar syrup, although some prefer to can certain varieties without sugar, claiming that (as with cherries) the fruit tastes fresher and thus makes tastier pies. Actually there is no saving in canning sour fruit without sugar when it must be sweetened later. Also the sugar sweetens it more effectively when allowed to cook into the fruit.

Syrup for canned fruit varies in consistency, depending upon the variety of fruit used or the use to which it will be put. Use this table to determine proportion of sugar to water:

**Thin Syrup:** 1 cup sugar to 3 cups water. Stir thoroughly before heating and bring slowly to a boil. For naturally sweet fruits or to give the effect of fresh fruits.

**Medium Syrup:** 1 cup sugar to 2 cups water. Prepare as for thin syrup. Good for general canning of fruits not highly acid.

**Heavy Syrup:** 1 cup sugar to 1 cup water. Stir and boil very carefully to prevent crystallization and scorching. For very sour fruits like rhubarb; suitable for dessert use.

## Processing Time



PROCESSING time for fruits varies with their degree of hardness and according to whether or not they are pre-cooked before processing. Average time in hot water bath is 20 minutes, counting from the time the water boils after the jars are added. Average time in a pressure cooker is 10 minutes at 5 pounds pressure.

Tomatoes, botanically a fruit, should be canned according to average time for fruits, and are most tasty when jars are filled with boiling tomato juice instead of water.

## Individual Directions

**Apples:** Select firm, sound tart varieties. Wash, pare and core; cut into quarters or leave whole, as desired. Drop into salt bath (1 tbsp. salt to 1 qt. water) to prevent discoloring. Rinse to remove salt. Boil in medium syrup for 1 minute. Pack into jars and process 25 minutes in hot water bath, or 10 minutes in pressure cooker.

**Berries:** Wash and stem, pack closely in jars, fill with medium syrup and process 20 minutes in hot water bath, or 8 minutes in pressure cooker.



For strawberries this more complicated procedure will yield plump, bright colored canned berries: Add 1 cup sugar to each quart prepared berries, placing in alternate layers in shallow pans and let stand 2 hours. Boil berries gently 2 minutes in their own juice. Let stand over night. Then fill jars, adding thin syrup if additional fluid is needed. Process 15 minutes in water bath or 5 minutes in pressure cooker.

**Cherries:** May be canned whole or pitted. Use heavy syrup for sour cherries; medium syrup for sweet cherries. Wash, stem, pack without pre-cooking, and process 20 minutes in water bath or 10 minutes in pressure cooker.

**Grapes:** Use only sound, firm grapes. Wash and stem. Pack tight without crushing, fill jars with medium syrup and process 20 minutes in water bath or 8 minutes in pressure cooker.

**Peaches and Apricots:** Select ripe but not soft fruit. Blanch to remove skins. Pack whole or halves into jars and cover with medium syrup. Process 20 minutes in hot water bath or 10 minutes in pressure cooker.

**Pears:** Pare, core, halve or quarter. Drop into cold salt water bath as for apples. Rinse to remove salt. Boil gently about 5 minutes in a medium syrup. Pack into jars, cover with syrup and process 25 minutes in hot water bath or 10 minutes in pressure cooker.

**Pineapple:** Slice pineapple, cut off rind with sharp paring knife and remove eyes. Cut out hard center cores, leaving each slice in 4 pieces. Pack into jars and fill with thin or medium syrup, depending upon sweetness of fruit. Process 30 minutes in hot water bath or 15 minutes in pressure cooker.

**Plums:** Pack moderately ripe plums tightly into jars without crushing. Cover with boiling syrup, thin for sweet plums and medium for tart varieties. Process 20 minutes in hot water bath or 10 minutes in pressure cooker.

**Quinces:** Use well-ripened fruit. Peel, cut into convenient-sized pieces and boil gently in a medium or heavy syrup about 1½ minutes. Pack into jars, fill with hot syrup and process 30 minutes in hot water bath or 15 minutes in pressure cooker.

**Rhubarb:** Wash stalks and cut in pieces of uniform length. Drop into heavy syrup, cover and heat to boiling point. Remove from fire and let cool 15 minutes. Pack into jars, cover with syrup and process 15 minutes in hot water bath or 5 minutes in pressure cooker.

**Tomatoes:** Use firm fresh tomatoes, scald 1 minute and cold dip 1 minute to remove

skins. Remove stem ends. Leave whole, halve or quarter. Pack into jars, fill with boiling water or tomato juice, adding 1 teaspoon salt to each quart jar. Process 30 minutes in hot water bath or 15 minutes in pressure cooker.



## Fruit Juices

SELECT sound, ripe fruit, crush and heat slowly to simmering point. Strain through several layers of cheese-cloth. Let stand a few hours in a cool place to allow sediment to settle to bottom. Carefully pour off or syphon juice from dregs. Pour into clean hot jars, process 30 minutes in hot water bath at simmering temperature (180° F.).

Juice from uncooked fruit may be pressed out in a cider press and heated to lukewarm before being poured into jars, and processed as above. Peach, cherry and apple juice, canned this way, are less likely to taste flat. Use this method for apple cider.

The addition of sugar to tart fruit juices before canning is more satisfactory than sweetening after canning. One cup sugar to one gallon juice is a moderate proportion.

**Grape Juice:** Wash sound ripe grapes. Cover with boiling water, and heat slowly to simmering. Do not boil. Cook slowly until fruit is very soft, then strain through a bag and add ½ cup sugar to each quart juice. Proceed according to above directions.

**Pineapple Juice:** Discarded eyes, cores and skins of fresh fruit can be used in making pineapple juice. Cover with cold water. Cook slowly in covered kettle from 30 to 40 minutes. Strain through a jelly bag. Measure juice, heat and add one-sixth as much sugar as juice. Boil rapidly 10 minutes and process according to above directions. Juice may also be extracted from pineapple by putting through fine blade of food chopper with large bowl beneath to catch it.

**Rhubarb Juice:** Cut rhubarb in small pieces, add just enough water to cover and simmer until very soft. Strain through a jelly bag. Add 2 cups sugar to each quart juice. Heat until sugar is dissolved, bring to boiling point and process according to above directions.

**Tomato Juice:** Wash tomatoes, remove stem ends and any signs of decay. Chop tomatoes. Heat in a covered kettle until juice flows freely. Strain juice while hot into jars, add 1 teaspoon salt to each quart and process as above.





# Pickling & Preserving CANNING

## Vegetable Canning

### Seasoning

JARS of prepared vegetables are filled with boiling water, that in which they were pre-cooked or fresh, and seasoned with 1 teaspoon salt to each quart jar. Or, if desired, a salt and sugar mixture (2 parts sugar to 1 part salt) may be used to season such vegetables as corn, peas, beets and tomatoes, especially if they are not perfectly young and fresh. Use 2 teaspoons of the mixture to each quart jar.

### Processing Time

THE non-acid vegetables, beans, peas and corn, are most safely cooked in a steam pressure cooker, averaging 40 minutes at 10 pounds pressure. Old, hard or fibrous vegetables may process as long as 70 minutes. If the hot water bath is used for these vegetables, be sure to boil them at least 10 minutes before eating. Process most vegetables in boiling water from 2 to 3 hours.



### Individual Directions

**Asparagus:** Wash, remove loose scales. Grade for uniformity. Place in wire basket or square of thin cloth, hold in boiling water which reaches just below tips for 3 minutes. Reserve water. Pack asparagus upright in jars. Fill with boiling reserved water, add salt and process 40 minutes in pressure cooker or 3 hours in hot water bath.

**Beans (Green or Wax):** Wash and remove strings. Break in small pieces. Cook in boiling water 5 minutes. Reserve water. Pack into jars, fill with boiling reserved water, add salt and process 40 minutes in pressure cooker or 3 hours in hot water bath.

**Beans (Lima):** Sort and grade for size and age. Boil young beans 5 minutes, older beans 10 minutes. Then proceed as for peas.

**Beets:** Boil small whole beets with 1 inch stem and all the root 15 minutes. Slip off skins, pack into jars, add boiling water and salt. Process 40 minutes in pressure cooker or 2 hours in hot water bath.

**Carrots:** Sort and grade for uniformity. Wash and scrape. Boil 5 minutes. Reserve water. Slice or pack whole, fill jars with boiling reserved water and salt. Process 40 minutes in pressure cooker or 2 hours in hot water bath.

**Cauliflower (and Broccoli):** Soak for 1 hour in cold brine (1 tbs. salt to 1 qt. water). Boil 3 minutes in fresh water. Reserve water. Pack into jars, fill with boiling reserved water and salt. Process 40 minutes in pressure cooker or 1½ hours in hot water bath.

**Corn (Whole Grain):** Cut corn from cob. Add 1 teaspoon salt and 2 cups boiling water to each quart. Boil 5 minutes, pack into jars, process 70 minutes in pressure cooker or 3½ hours in hot water bath.

**Corn (on Cob):** Boil cleaned cobs for 5 minutes. Reserve water. Pack into jars, fill with boiling cooking water, add salt and process as for Whole Grain Corn.

**Greens (Kale, spinach, Swiss chard, turnip tops):** Wash thoroughly, steam 15 minutes, or until wilted. Pack quickly and loosely into jars, fill with boiling water, add salt and process 65 minutes in pressure cooker or 3 hours in hot water bath.

**Mushrooms:** Wash thoroughly and skin if necessary. Steam 5 minutes. Pack carefully, fill with boiling water and salt. Process 40 minutes in steam pressure cooker or 3 hours in hot water bath.

**Okra:** Use young tender pods of uniform size. Wash and remove cap without cutting into pod. Boil 3 to 8 minutes, depending upon maturity. Reserve water. Pack into jars, fill with boiling reserved water and salt. Process 40 minutes in pressure cooker or 2 hours in hot water bath.

If okra is to be used for soup, slice before boiling. For soup use, sliced okra may be combined with an equal quantity of sliced tomatoes. Add just enough water to keep from scorching, boil 5 minutes fill jars and proceed as for plain okra.

**Parsnips:** Follow directions for carrots.

**Peas:** Sort peas for size. Cover with boiling water and boil 2 to 5 minutes, depending upon maturity. Reserve water. Pack loosely into jars, according to size. Fill with boiling reserved water, salt and process 60 minutes in pressure cooker or 2 hours in hot water bath.

**Pumpkin (and Squash):** Wash, cut into small pieces or slices, and add water to prevent sticking. Cook or steam until tender. Mash and pack into jars. Add salt, but no water. Process 70 minutes in steam pressure cooker or 3½ hours in hot water bath. Spices may be added to pumpkin pulp if desired.

**Sweet Potatoes:** Select small firm potatoes of uniform size. Wash and boil 15 minutes. Peel quickly. Do not stick potatoes with a fork. Pack into jars. Do not add water. Process from 70 to 120 minutes, depending upon size of potatoes, in pressure cooker, or 3½ hours in hot water bath.

**Tomatoes:** See directions under Fruits.

**Vegetable Mixtures:** A number of vegetables may be canned together for soups, salads and stews. Prepare as though to be canned separately, cutting them in pieces according to use. Reserve water. Pack in alternate layers, fill jars with boiling reserved water, salt, and process according to longest time required if canned separately.



## Meat, Poultry and Fish Canning

### *Preliminary Directions*

COLD-PACKING meats, poultry, fish and game in farm homes is often an economical procedure and a much more convenient one than the old-fashioned method of preserving by salting and smoking. These foods most difficult to can successfully, especially without a pressure cooker, **should always be boiled 10 to 15 minutes before eating.**

After killing, meats and poultry should be well bled and cooled at least 24 hours before canning. Fish should be out of the water on ice no more than 4 or 5 hours. Meat may be simmered or roasted until  $\frac{1}{3}$  done (when pink color begins to disappear) or it may be seared for a brown flavor and color before packing. Cut into convenient-sized pieces for packing and serving. Disjoint chicken, rabbits, etc. About 4 tablespoons pan gravy may be added to jars (it is not necessary to add liquid to meats, etc.), with 2 teaspoons of salt to each quart. Bones, if small, should be packed with meat to add flavor, food value, and to aid in heat penetration.

**Cold Pack Roast:** Cut beef, pork, lamb or veal into convenient pieces to go into jar. Heat some of the fat in roasting pan. Add meat, cover and roast in moderate oven until  $\frac{1}{3}$  done. Pack into clean hot jars. Stir boiling water into drippings. Add 4 tablespoons of this liquid and 2 teaspoons salt to each quart jar. Process in pressure cooker or in water bath for 3 hours.

**Steaks and Chops:** Bone steaks and larger chops and cut thick. Sear them quickly in deep hot fat. Pack into hot jars. Add 2 tablespoons fat and 2 teaspoons salt to each quart jar. Process in pressure cooker 60 minutes at 15 pounds pressure, or in hot water bath for 3 hours.

**Chicken:** For young chickens, clean and disjoint as for frying. Brown in hot fat on all sides until partially cooked. Pack as closely as possible in hot jars. Add boiling water to drippings in frying pan. Add 4 tablespoons and 2 teaspoons salt to each quart jar. Process 65 minutes at 15 pounds pressure, or 3 hours in hot water bath.

For mature chickens boil until tender enough to remove meat from bones. Pack meat in jars, cover with stock from boiling, add salt and process as above. Delicious for chicken pie or salad.

Prepare rabbit and other game like chicken.

### Canned Fish

To DRAW out all blood before canning, soak fish in salt water (2 tbsps. salt to 1 qt. water) for 1 hour.

Prepare each variety of fish for canning as you would for immediate serving. Remove scales from thin-skinned varieties; from those with tough skins, like catfish, remove skin. Cut off heads and tails, clean and wash thoroughly. Cut into convenient-sized pieces for packing. Plunge into boiling water from 3 to 5 minutes, depending upon thickness, using a wire basket or cheese-cloth bag. Cold dip at once, preferably in ice water, or, instead of boiling, fry or bake until one-third done to develop flavor.

Pack fish into clean hot jars, add a teaspoon of salt for each quart and fill with boiling water. Seal partly and process 90 minutes in pressure cooker at 15 pounds pressure, or 4 hours in water bath.



### Sugar-Cured Meat

IF A PRESSURE COOKER is not available, meat for long keeping should be preserved by curing and smoking. This method may be applied to beef as well as pork.

Freshly slaughtered meat must be thoroughly cooled for from 24 to 36 hours, depending upon outside temperatures. For best results the temperature during the curing process should not rise over 50°.

To cure 100 lbs. of meat, use this pickle solution:

9 lbs. salt (10 lbs. in warm weather)	2 ozs. saltpeter
2½ lbs. sugar or 4 lbs. molasses	4½ gals. water

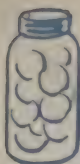
PLACE all ingredients in water and stir thoroughly. Prepare a day before using.

To pack meat, put large cuts in bottom of barrel. Place hams in bottom, next pack in shoulders, then bacon and smaller cuts. Pour over pickling solution. Cover with clean boards and weigh down with stones. Let stand 7 days. Then take out meat, wash, replace and cover with solution again. Repeat this process every 7 days. If the solution becomes stringy, replace it. The length of curing depends upon the amount of meat. Allow 4 days for each pound of ham or shoulder. Thus a 15-pound ham will require 60 days.

Next comes the smoking process. Soak the cured meat  $\frac{1}{2}$  hour in clean water. Rinse and hang securely in the smokehouse, not allowing the pieces of meat to touch each other. Smoke from 36 to 48 hours at an even temperature, no higher than 120 degrees.

Or, the new "liquid smoke" may be used according to manufacturer's directions.





# Pickling & Preserving CANNING

## HOME-MADE SAUSAGE

THE only equipment needed for making home-made sausage is a meat grinder with stuffer attachment and regular casings or cheesecloth bags that you can make yourself. A standard size for these is 12x2 inches. After being stuffed, dip bags in paraffin. Sausage will actually keep better than in casings.

into large beef casings or muslin bags. Paraffin them. Let hang 20 minutes in a cool place. Smoke about 2 hours at not over 140°, then from 30 minutes to 1½ hours, depending on size, at 160°. When done it will squeak when pressed in hand. Place in cold water for 30 minutes and then hang up to dry. Keeps several weeks in cool place. Needs no cooking.

### Fresh Pork Sausage

60 lbs. fresh lean pork	2 ozs. fine sage
35 lbs. fat	1 oz. ground nutmeg
1¾ lbs. salt	4 ozs. black pepper

CUT meat in small pieces, mix and add spices and then put through grinder, using small plate. Mix thoroughly. If stuffed in casings, add a little water to soften meat. **Cook thoroughly before eating.** To can meat, pack in jars, put on tops, screw tight and process in water bath for 3 hours, or in pressure cooker for 60 minutes at 15 pounds.

### Country Smoked Sausage

85 lbs. lean pork	1 oz. red pepper
15 lbs. beef	1 oz. sweet marjoram
1½ to 2 lbs. salt	1 oz. mace
4 ozs. black pepper	

CUT meat in small pieces and sprinkle seasonings over it. Run through grinder, using small plate. Put away in a cool place for 24 to 36 hours. Add a little water and stuff in hog casings. Smoke in a cool smoke, about 125°, to a dark mahogany color. **Cook well before eating.**

### Bologna Sausage

60 lbs. cured beef	2 lbs. mace
40 lbs. pork	1 oz. coriander
20 lbs. water	4 ozs. black pepper
1½ to 2 lbs. salt	

GRIND beef and cure 24 hours in a cool place. Then grind very fine. Put pork through grinder, using medium plate. Then put together in large vessel and mix with spices and water. Mix thoroughly until sticky. Stuff

### Liver Sausage

1 pork liver, about 3 lbs.	1 tsp. pepper
1½ lbs. fat pork	2 small onions
6 to 8 tbsps. salt	½ tsp. thyme
1 tsp. cloves	Pinch marjoram

REMOVE membrane and large blood vessels. Boil until done. Drain. When cooled, put through meat grinder or grate fine. Divide fat pork in half. Chop half in ¼-inch cubes and pass remainder through meat grinder. Mix all together thoroughly. Add salt, spices, and grated onion to taste. Stuff in casings or muslin bags. Cover with boiling water and boil 10 minutes. Cook well before eating. To can, pack in No. 3 cans or quart jars. Fill with water in which sausage was boiled. Screw on caps or seal cans and process at 15 pounds steam pressure, or in water bath for 2 hours.

### Summer Sausage

25 lbs. cured beef, free from sinews	1 oz. whole black pepper
15 lbs. pork trimmings	1 oz. mustard seed
6 ozs. white pepper	

PUT all meat through fine blade of meat grinder and mix spices in thoroughly. No salt is needed as cured beef is salty enough. Spread on pans in cool place for 36 to 40 hours. Then stuff hog bung casings with mixture and let it hang overnight. Smoke over very cool smoke for several days in cold weather. Can be kept in a dry place throughout the summer. If the outside of the sausage becomes moldy, simply wipe it off as meat will not be affected.

## PICKLES

AS IN every form of cookery there is a general procedure to follow in pickling which enables one to turn out good pickles of different types without a set recipe. Results, especially in the case of the many cucumber varieties such as sweet, sour and dill, are seldom as crisp and firm as the commercial products because

conditions are not scientifically controlled as in pickle factories.

First soak pickles over night, or for several hours, in a brine which, by drawing water from the tissues, helps to prevent spoilage by bacteria and to make the pickles crisp and firm. Use a 10 per cent solution.



Next, heat or cook pickles in a vinegar solution, flavored with spices and other seasonings, using one-third the weight of the vegetables in vinegar. Very strong commercial vinegar should be diluted before measuring with one-half to an equal amount of water, according to taste. After heating or cooking, pack pickles in clean hot jars, pour liquid over them and seal.

With these recipes for vinegar solutions, make sour, sweet or fruit pickles, according to choice.

## Sour Pickle Syrup

2 qts. vinegar	1 tbsp. whole black
1 cup sugar	peppers
1 tbsp. whole cloves	1 tbsp. mustard seed
1 tbsp. celery seed	

THIS syrup is suitable for cabbage, pepper, celery, onion, green tomatoes, small cucumbers, etc. Unless otherwise specified, cook the syrup with spices in bag, pack pickles, which have been soaked in brine according to general directions, in jars and pour over hot syrup.

## Sweet Pickle Syrup

4 cups sugar	1 lemon, thinly sliced
2 cups water	1 tbsp. cinnamon
2 cups vinegar	1 tsp. cloves
1 tsp. allspice	

BOIL pickles, which have been soaked in brine according to general directions, in syrup for 10 minutes or longer, put into clean, hot jars and seal. Suitable for small sweet pickles, beets, onions or mixed relishes (which should be salted, allowed to stand over night and drained, but not soaked in brine).

## Pickle Syrups for Fruits

3 qts. white or brown	1 tbsp. whole cloves
sugar	1 tbsp. allspice
2 qts. cider vinegar	½ lb. stick cinnamon

PLACE spices in bag and cook with sugar and vinegar until syrup thickens. This syrup is for fruits such as peaches and pears. It will shrivel cucumbers. Cook fruit in pickle syrup until tender.

## Four Rules for Good Pickles

IN SPITE of exact methods in the pickling process, pickles that are too hard, too soft, off color or slimy may disappoint the amateur pickler. She may offset such failures by following these precautions:

1. For a bright-colored pickle use porcelain, granite or aluminum kettle. Iron utensils darken pickles and copper ones impart an undesirable greenish hue. To give pickles a fresh green color, add grape leaves or spinach.

The wrong kind of vinegar may also give a darker color than expected.

2. Tough, shriveled pickles result from too much salt, sugar or vinegar. If very sweet, or very sour pickles are desired, it is best to put them in a weak solution at first and increase the strength later.

3. Soft pickles may result from too weak a brine solution, or from not covering them entirely with the brine, which also makes them slimy. A weak brine and also a weak vinegar solution will cause cloudy pickles.

4. Hollow, limp pickles are more likely to result when the vegetables have been picked too long before they are pickled and if they are over-ripe and imperfect. For pickling choose vegetables that are as fresh and sound as possible.

## VEGETABLE PICKLES, RELISHES

### Bread and Butter Pickles

25 medium-sized cucumbers	2 cups sugar
12 onions	2 tps. mustard seed
½ cup salt	2 tps. turmeric
Ice water	2 tps. celery seed
1 qt. vinegar	1 tsp. cassia buds

SLICE cucumbers and onions. Soak in ice water to cover with salt for at least 3 hours. Scald vinegar, add sugar and seasonings. Add drained cucumbers and onion. Just heat through. Put in sterilized jars, covering with vinegar solution, and seal.

### Dill Pickles

1 bu. medium-sized cucumbers	3 cups salt
7 qts. water	1 piece dill and 1 red
1 qt. vinegar	pepper for each jar

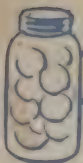
BRING water, vinegar and salt to boil. Chop dill and red pepper and place in each jar. Pack clean cucumbers in jars and cover with hot liquid. Seal at once. Store 10 days to 2 weeks before using.

### Sweet Pickles

300 small cucumbers	1 ginger root
¾ cup salt	2 qts. cold vinegar
6 tbsps. each dry mustard, salt, sugar	6 cups sugar

WASH cucumbers and wipe dry. Sprinkle with salt, cover with boiling water and let stand over night. In the morning remove from brine, wipe dry and lay in crock. Add mustard, salt, sugar and ginger root to vinegar and pour this over pickles. Set away in a cool place. Each morning after, add ½ cup sugar, until 6 cups have been used up. Seal in sterilized jars.





# Pickling & Preserving CANNING

## Pickled Onions

- |                           |                                       |
|---------------------------|---------------------------------------|
| 1 gal. small white onions | 2 qts. vinegar                        |
| 2 qts. cold water         | $\frac{1}{4}$ cup mixed pickle spices |
| 1 cup salt                |                                       |

COVER onions with boiling water. Let stand 2 minutes. Drain, cover with cold water. Peel. Let stand in brine to cover over night (1 cup salt to 2 quarts water). In the morning drain. Add to hot vinegar and sugar mixture, with spices tied in bag. Bring to boil, remove spices and pack while hot into sterilized jars. Seal at once. Omit spices when using white onions. In this case add a teaspoon of white mustard seed and a thin slice of red pepper to each pint jar.



## Mixed Pickles

- |                              |   |
|------------------------------|---|
| 1 medium head cauliflower    | $3\frac{1}{2}$ qts. vinegar   |
| 1 pt. wax beans              | 2 lbs. sugar (white or brown)   |
| 1 pt. small green beans      | 1 small piece horse-radish root   |
| 4 chili peppers              | 1 oz. each whole cloves, allspice, cinnamon, mustard seed, celery seed, peppercorns |
| 4 sweet red or green peppers | 3 bay leaves  |
| 1 qt. small cucumbers        | 1 lemon   |
| 1 pt. large cucumbers        |   |
| 1 pt. pearl onions           |   |
| $\frac{1}{2}$ cup salt       |   |
| 6 qts. water                 |   |

WASH vegetables. Slice large cucumbers, string beans, if necessary, chop peppers, separate cauliflower, peel onions and slice and seed lemon. Dissolve salt in water, add cucumbers, sweet peppers and onions. Let stand over night. Then drain and place in cold water for 2 hours. Meanwhile cook cauliflower and beans separately in boiling, salted water for 10 minutes. Drain and rinse in cold water. Add sugar and seasonings to vinegar and boil together 10 minutes.

Strain over vegetables and lemon. Let stand until cold. Drain again and bring liquid to a boil. Pack vegetables in sterilized jars, pour over hot vinegar and seal tightly. Let ripen about 6 weeks.

## Chili Sauce

- |  |  |
|--|--|
| 1 peck tomatoes  | $\frac{1}{2}$ cup salt                               |
| 6 each large green peppers and white onions, seeded or peeled and finely chopped | 1 tsp. each ground cloves, allspice and black pepper |
| $\frac{3}{4}$ cup sugar  | 2 cups vinegar                                       |

SCALD, peel and slice tomatoes. Bring to boiling point. Add peppers and onions, sugar, salt, vinegar and spices (which may be varied to suit taste). Boil slowly until thick, about 3 hours. Seal in sterilized jars or bottles.

## Green Tomato Mincemeat

- |                         |                         |
|-------------------------|-------------------------|
| 1 peck green tomatoes   | 1 tsp. allspice         |
| 2 lemons                | 1 tbsp. cinnamon        |
| 4 lbs. brown sugar      | 1 tsp. ginger           |
| 2 lbs. seedless raisins | $\frac{1}{2}$ tsp. mace |
| 1 tbsp. salt            | 1 cup vinegar           |
| 2 tsps. cloves          |                         |

SCALD and peel tomatoes. Put through food chopper, using coarse blade, with lemons. Add sugar, raisins, vinegar and spices. Bring to a boil and cook slowly for an hour. Pour into sterilized jars and seal.

## Piccalilli

- |                        |                         |
|------------------------|-------------------------|
| 1 peck green tomatoes  | 1 tbsp. ground cinnamon |
| 1 cup salt             | 1 tbsp. dry mustard     |
| 1 doz. onions          | 1 tsp. ground cloves    |
| 6 red peppers, chopped | 3 pts. vinegar          |
| 2 cups sugar           |                         |
| 1 tbsp. allspice       |                         |

PEEL tomatoes and slice one day ahead. Sprinkle with salt. When ready to cook, drain. Put through coarse blade of food chopper with peeled onions and red peppers. Put chopped vegetables in kettle in layers, sprinkle mixed sugar and spices between each layer. Add vinegar and boil slowly until tender. Seal at once in sterilized jars.

## Vegetable Relish {Uncooked}

- |                              |                               |
|------------------------------|-------------------------------|
| 8 large carrots              | $\frac{3}{4}$ cup salt        |
| 12 white onions              | $1\frac{1}{2}$ qts. vinegar   |
| 12 large sweet red peppers   | 6 cups sugar                  |
| 12 large sweet green peppers | 3 tsps. celery seed           |
| 2 large heads cabbage        | 3 tsps. mustard seed          |
|                              | $\frac{1}{2}$ tsp. red pepper |

PEEL carrots and onions, seed peppers. Chop all vegetables together until fine. Add salt and let stand 3 hours. Drain well. Add vinegar, in which sugar has been dissolved, and seasonings. Pack into clean jars. Cover well with liquid and seal. No cooking required.



## Corn Relish

- |                         |                                |
|-------------------------|--------------------------------|
| 1 doz. ears corn        | 1 tbsp. salt                   |
| 6 white onions          | 4 tsps. mustard seed           |
| 4 red peppers           | 2 tsps. turmeric               |
| 6 green peppers         | 1 large head cabbage, cut fine |
| 2 cups sugar            | 2 hot peppers (if liked)       |
| 1 qt. vinegar           |                                |
| $\frac{1}{2}$ pt. water |                                |

CUT corn from ears, slice onions and peppers and cut cabbage fine. Add other ingredients excepting flour. Boil together 20 or 25 minutes. Thicken with flour, mixed with a little water. Boil 15 minutes longer. Seal in sterilized glass jars.



## Senf Gurken

## {Ripe Cucumber Pickles}

- |                              |                    |
|------------------------------|--------------------|
| 2/3 bu. large ripe cucumbers | Horseradish root   |
| 1 gal. vinegar               | 1 bunch dill       |
| 3/4 cup sugar                | Red peppers        |
| 2 cups water                 | White mustard seed |

PARE cucumbers and cut in 2 1/2 by 1-inch strips. Soak 12 hours in brine (1 cup of salt to 9 cups water). Drain well. Heat vinegar, salt and sugar to boiling. Add cucumbers in small batches, boiling each batch one minute, before packing into hot, sterilized jars. In each quart jar place a small slice of horseradish root, a few sprigs of dill, a half inch of red pepper and 1 tbsp. mustard seed. Cover with hot vinegar solution and seal at once. Let ripen about 6 weeks.

## Spanish Pickles {Green Tomato}

- |                       |                            |
|-----------------------|----------------------------|
| 12 large onions       | 12 green peppers           |
| 1 peck green tomatoes | 6 sweet red peppers        |
| 1 cup salt            | 6 cloves garlic (optional) |
| 2 qts. cider vinegar  | 4 lbs. brown sugar         |

SKIN onions and tomatoes and cut into thin slices. Sprinkle with salt and let stand 12 hours. Wash in clear water, drain and add to vinegar and brown sugar, heated to boiling point with finely sliced peppers and garlic. Add:

- |                         |                          |
|-------------------------|--------------------------|
| 2 tbsps. dry mustard    | 2 tbsps. powdered ginger |
| 1 tbsp. whole cloves    | 1 tbsp. salt             |
| 2 inches stick cinnamon | 1 tbsp. celery seed      |

COOK slowly until transparent, about 1 hour, stirring frequently. Pour into sterilized jars and seal.

## Tomato Catsup



- |                               |  |
|-------------------------------|--|
| 1 peck tomatoes               | 1 tbsp. each whole allspice, cloves, mace, |
| 8 medium-sized onions         | celery seed, pepper-                       |
| 1/2 clove garlic              | corns                                      |
| 1 1/2 bay leaves              | 2 inches stick cinnamon                    |
| 2 long red peppers (no seeds) | 2 cups vinegar                             |
| 3/4 cup brown sugar           | Salt to taste (about 1                     |
|                               | tbsp.)                                     |

SKIN tomatoes, onions, garlic and red peppers. Cut into pieces, add bay leaves and boil until very soft. Remove bay leaves and strain. Add sugar (closely packed) and spices, tied in a bag. Boil quickly until quantity is reduced one half. Add vinegar and season to taste and boil 10 minutes longer. Remove spice bag. (Spices may be varied to suit individual taste.) Seal at once in sterilized bottles.

## FRUIT PICKLES

## Pickled Peaches or Pears

- |                      |                        |
|----------------------|------------------------|
| 12 lbs. peeled fruit | 1 tbsp. cloves         |
| 1 qt. vinegar        | 1 piece ginger root    |
| 6 lbs. sugar         | 4 or 5 sticks cinnamon |

MAKE a syrup of vinegar and sugar and add spices, in bag to prevent darkening. Drop a few of the peaches or pears into this boiling syrup at a time. Cook until fruit can be readily pierced with a straw, let stand in covered kettle over night. Next day pack into clean jars, covering fruit to within 1/2 inch of top with the syrup. Process in water bath at simmering temperature (180° F.) for 20 minutes.

Or fruit may again be brought to boil, packed into jars, and covered with boiling syrup to be sealed at once.



## Pickled Crab Apples

CHOOSE round crab apples uniform in size. Do not pare them. Make a spiced syrup by heating together 1 quart of vinegar, 1 quart of sugar, 1 tbsp. each cinnamon and cloves, and 1 tsp. each mace and allspice. When cool, add crab apples and heat gently, being careful not to burst the fruit. Let stand in syrup over night, pack cold into clean jars, and fill to within 1/2 inch of top with syrup. Put on cap, screwing band firmly tight. Process in water bath at simmering temperature (180° F.) for 20 minutes.

Or fruit may again be brought to boil, packed in sterilized jars and covered with boiling syrup to be sealed at once.

## Watermelon Rind Pickle

- |  |                        |
|--|------------------------|
| 4 lbs. watermelon rind   | 1 tbsp. whole cloves   |
| 1 gal. cold water  | 2 long pieces cinnamon |
| 3 tbsps. slack lime (Calcium Hydroxide if bought from drug-gist) | 2 pieces ginger root   |
| 2 qts. vinegar   | 1 lemon peel           |
| 2 tbsps. whole allspice  | 2 tsps. salt           |
|  | 3 lbs. sugar           |
|  | 1 qt. boiling water    |

SELECT firm, thick, melon rind; remove all pink meat and green skin; weigh; cut into cubes or strips. Dissolve lime in gallon of water; add rind and let stand several hours; rinse rind and cover with fresh water; let stand 2 or 3 hours. Change water and cook until tender. Let stand over night in cooking water. Combine all other ingredients and bring to a boil; add the drained rind and boil gently until clear. Remove spices, pack rind into sterilized jars and seal immediately.





# Pickling & Preserving CANNING

## Fruit Chutney

4 qts. peaches, pears or apples  
5 cups vinegar  
½ cup chopped onion  
½ cup sugar  
¼ lb. raisins

¼ lb. white mustard seed  
2 ozs. ginger root  
1 oz. red peppers  
1 oz. garlic (optional)

PEEL fruit. Remove stones or cores. Add 2 cups vinegar. Cook until soft. Add another cup of vinegar, chopped onion, sugar, raisins, mustard seed, scraped ginger root, red peppers and garlic.

Mix ingredients well. Add 2 cups vinegar. Boil mixture 15 minutes. Pack into sterilized jars and seal at once.



## Pickled Cherries

PUT pitted cherries into crock, cover with vinegar. Let stand 24 hours. Drain. Measure fruit and for each cup allow a cup of sugar. Put cherries and sugar into crock. Let stand in cool place until sugar is thoroughly dissolved, which will take several days. Drain cherries and reserve juice. Pack into sterilized jars without cooking. Pour over the boiling juice and seal.

## MISCELLANEOUS PICKLES

### Pickled Pig's Feet

PLACE cleaned pig's feet in stone jar, cover with brine (2 lbs. salt to 1 gal. water) and let stand 10 days. Soak in cold water 3 or 4 days. Drop into hot water and cook slowly until tender. Pack into hot jars and cover with boiling spiced vinegar (½ gal. vinegar, 2 tbsps. grated horseradish, 1 bay leaf, 1 small red pepper, 1 tsp. peppercorns, 1 tsp. whole all-spice) and seal.

### Pickled Walnuts

WALNUTS should be young enough so they may be easily pierced with the head of a pin and uniform in size. Scald thoroughly, rub off outside skin and put into strong brine for six days, changing it every day. Always keep nuts completely covered with brine. On seventh day drain well, wipe each and pierce it several times with a darning needle.

For each 100 nuts make the following pickle: Mix 1 oz. each black pepper and ginger root; ½ oz. each cloves, mace and nutmeg, then add 2 large tbsps. mustard seed. Put nuts into sterilized jars with layers of powdered spices between each layer. Pour over them 1 gallon vinegar which has been boiled 5 minutes. Put on cap and seal. Nuts should be ready to use in about a month.

## JELLIES AND JAMS

### Jelly

FRESH fruit is cooked until soft so that the juice can be extracted. The juice is then cooked with sugar until the mixture "jells." Prepare jelly according to these steps:

1. Wash fruit and cut in pieces; berries and currants should be crushed.

2. Add enough water to barely cover hard fruits. Grapes, berries and currants need only enough water to start them cooking. Boil until tender.

3. Press out as much juice as possible and then drain through cloth bag.

4. Bring juice to boiling, add ¾ to 1 cup sugar to each cup juice (depending on tartness of fruit) and cook rapidly until a small amount dripped from the tip of a spoon will run together in a sheet from the side of the spoon. A candy thermometer will register about 220 degrees at this stage.

5. Remove jelly from fire at once, pour into hot, sterilized jars and seal thinly with melted paraffin.

### Preserves

SUGAR is added immediately to fruit, either whole or cut up, depending on size, in same proportions as for jelly (usually ¾ cup sugar to 1 cup fruit) and the fruit and sugar cooked until the juice shows the same jelling test as for jelly (or fruit may be cooked until tender in syrup or fruit juice, or water and sugar) with fruit remaining whole and plump in its syrupy juice. Fruits are sometimes allowed to stand before packing and sealing so that they will absorb enough liquid to prevent them from floating on the top of the jars.

### Jam



PREPARED like preserves, except that fruit is cut or mashed in smaller bits so that it is not distinct from its liquid. Less sugar needed if fruits are sweet, from ½ to ¾ cup to 1 cup fruit.

### Butter

FRUIT butters are prepared by cooking down or grinding fruit to a pulp and then cooking with ½ its quantity of sugar, slowly, to prevent burning, until it is thick. Spices are usually added to suit the individual taste.



## Marmalade

DIFFERS from preserves in that fruit is in smaller pieces held apart in a well-jellied liquid. Takes from  $\frac{3}{4}$  to 1 cup of sugar for each cup of fruit, using larger amount for tart orange and grapefruit.

## Conserves

GLORIFIED preserves, containing mixture of several fruits, usually with nut meats or raisins, or both, added.

## THE PECTIN PROBLEM

THERE is one hobgoblin that preserving rules can't take into account—pectin. If your fruit has plenty, jellies will be quiveringly tender and jams thick enough to stay appetizingly between a hot biscuit. If not, well, who hasn't witnessed the sad spectacle of the jelly that would not jell?

Many modern preservers take advantage of commercial pectin, in either liquid or powdered form, to avoid taking chances. When this is used, follow the recipes recommended by the manufacturer, for the addition of pectin upsets the proportions of standard rules. More sugar is required as the cooking time is shortened and less liquid is evaporated from the fruit.

But if you make jelly as mother did, try her method of determining if your fruit contains sufficient pectin:

To 1 teaspoon cooked juice, add 1 teaspoon grain alcohol and stir slowly. Wood or denatured alcohol may be used, *but do not taste as these are poison*. If the juice is rich in pectin it will form a large amount of gelatinous material. If moderately rich, there will be a few pieces of gelatin and if poor in pectin, only a small, flaky sediment.

Fruits that are not rich in pectin jell more successfully if less sugar is used, from  $\frac{1}{2}$  to  $\frac{3}{4}$  cup to a cup of fruit. Since the ripest, sweetest fruit has the least pectin, this rule covers the question of flavor.

Fruits that contain notoriously little pectin include raspberries, pineapple, cherries and strawberries. Fruits that are rich in pectin may be combined with these to make their juices thicken. Pectin-rich fruits include apples, crab apples, currants, grapes, gooseberries, plums and cranberries.

## Home-Made Apple Pectin

HOME-MADE apple pectin may be made from skins or cores of apples, left from other canning, or fresh apples may be used.

2 lbs. apple pulp, skins  
or cores

4 cups water  
Juice 1 lemon

Boil ingredients together 40 minutes. Press juice through cloth bag. Strain through flannel bag, without using pressure. Boil rapidly 15 minutes. Seal in sterilized jars. To make jellies from pectin-poor fruits, use 1 cup of this apple pectin to 1 cup other fruit juice.



## JELLIES

### Currant and Red Raspberry Jelly

CURRENTS need not be stemmed and may be cooked with or without water, according to desired strength. (Use no more than one-fourth as much water as fruit.) To each 3 cups crushed currants add 2 cups crushed raspberries. Follow general rule for jelly making.

### Black Raspberry and Gooseberry Jelly

IN ONE saucepan stew 2 to 4 quarts black raspberries and  $\frac{1}{4}$  cup water until soft. In another saucepan stew 4 quarts gooseberries and 1 cup water until soft. Combine fruits. Follow general rules for jelly making.

### Paradise Jelly

20 medium-sized apples  
10 medium-sized  
quinces

1 qt. cranberries  
Sugar

WASH and cut apples into quarters. Peel and cut quinces into quarters and remove seeds. Place apples in pan with washed cranberries, barely cover with water and boil until soft. Cover quinces with water and boil until soft, in another pan. Strain juices of all fruits together through jelly bag. Boil 12 minutes. Use 1 cup sugar to each cup juice and proceed according to general directions for jelly making.

### Plum and Orange Jelly

5 lbs. plums  
6 large oranges

1 lemon  
Sugar

WASH plums, cover with water, add oranges and lemon after slicing thinly or running through food chopper. Cook slowly until skins and pits of plums separate from pulp. Drain in jelly bag. Boil juice 20 minutes. Add  $3\frac{1}{2}$  cups sugar to each 4 cups juice and proceed according to general rules for making jelly.





# Pickling + Preserving CANNING

## Mint Jelly

1 cup mint leaves (tightly packed)  
1 cup boiling water

1 cup apple juice  
 $\frac{3}{4}$  cup sugar

POUR boiling water over mint leaves and let steep 1 hour. Press juice from leaves and add 2 tablespoons of this extract to apple juice and sugar. Boil rapidly to jelly stage and then tint with a few drops green vegetable coloring.

To make Apple Juice see recipe for home-made apple pectin.



## PRESERVES

### Strawberry Preserves

FOR plump red preserves, follow this technique (and for perfect results, do not increase quantities in one batch):

Pour boiling water over 2 quarts cleaned strawberries. Let stand 3 minutes. Drain. Add 4 cups sugar, bring to boil slowly and boil 5 minutes, counting time after entire contents of pan are bubbling. Remove from fire. After bubbling has stopped, add 4 more cups sugar and boil another 5 minutes. Pour into pans to stand over night. Next morning pack preserves in sterilized jars and seal at once.

If berries are very sweet, add 2 cups sugar instead of 4 for last boiling. This makes the proportion  $\frac{3}{4}$  cup sugar to 1 cup berries instead of equal amounts.

### Strawberry and Rhubarb Preserves

1 qt. rhubarb, cut in small pieces

8 cups sugar  
2 qts. strawberries

SPRINKLE pieces of rhubarb with sugar. Let stand 12 hours. Bring to boil, add strawberries, washed and hulled. Boil until thick, about 15 minutes and seal in sterilized jars.

### Cherry Preserves

WASH, stem and pit cherries. Save juice. Place cherries in shallow pan and cover with syrup made of 3 parts sugar to 2 parts cherry juice and water. Boil gently 10 minutes. Remove from heat and let stand in a covered kettle 6 to 12 hours. Drain off juice from cherries and pack into clean hot jars. Heat remaining syrup to boiling and fill jars with it. Seal at once.

## Yellow Tomato Preserves

4 lbs. yellow pear tomatoes  
4 lbs. sugar

$\frac{1}{2}$  lb. preserved ginger  
4 lemons

WIPE tomatoes, cover with boiling water and let stand until skins slip off easily. Add sugar, cover and let stand over night. In morning pour off liquid and boil until quite thick. Skim, add tomatoes, pieces of ginger, and lemons which have been sliced and seeded. Cook slowly until tomatoes become translucent and syrup thick. Pour into hot sterilized jars and seal with melted paraffin.

## Pear Chips

8 lbs. sound, firm pears  
4 lbs. sugar

$\frac{1}{4}$  lb. chopped ginger  
4 lemons

PEEL pears, remove stems, quarter and core. Cut into small pieces. Add sugar and ginger and allow to stand over night. In the morning, quarter lemons, remove seeds and cut into small pieces. Add lemons to pears and cook very slowly for 3 hours. Pack in sterilized jars and seal.

Peaches may be prepared in the same way.

## JAMS



### Spiced Grape Jam

9 lbs. blue grapes  
6 lbs. sugar  
1 tbsp. whole cloves

1 tbsp. broken stick cinnamon  
1 tbsp. whole allspice  
3 cups vinegar

STEM grapes and separate pulp from skins. Bring pulp to boiling point, cover and let simmer until soft enough for seeds to separate. Press through sieve to remove seeds and add pulp to skins. Add sugar, spices, tied in cheesecloth bag, and vinegar. Boil until thick enough to jell and seal in sterilized jars.

## Pear Honey

1 peck pears, just ripe  
1 small can grated pineapple, or 1 small, ripe fresh pineapple, grated

Juice 2 lemons  
Sugar

PEEL, core and mince pears. Weigh into preserving kettle with 1 cup sugar and  $\frac{1}{2}$  cup water to each pound fruit. Bring to boiling point. Add pineapple, which gives delicious flavor, but may be omitted, and lemon juice. Let simmer until quite thick, about 2 hours, and seal in sterilized jars.



## BUTTERS

## Peach Butter

1 peck peaches                      2 tsps. cloves  
10 cups sugar (about)            1 tbsp. whole anise  
2 whole sticks cinnamon

SCALD, peel and stone peaches. Cook very slowly, without water, until soft enough to mash to a pulp. Measure about 5 quarts of pulp. Add half as much sugar as pulp, and spices, and continue to cook very slowly until thick (about 2 hours). Remove spices (which may be tied in bag) and seal.

## Apple Butter

1 peck apples                      2 tsps. ground cinna-  
10 cups sugar (about)            mon  
4 cups water                      1 tsp. ground allspice  
2 tsps. ground cloves

WASH, quarter and cook apples, unpeeled, with water. Cover and let simmer slowly until tender. Rub through coarse sieve. There should be about 5 quarts pulp. Add half as much sugar as pulp, and spices. Let simmer about 2 hours, stirring frequently. An asbestos mat placed under kettle will prevent scorching.

When thick pour into hot sterilized jars and seal at once. Remember that apple butter becomes stiffer when cold. Recipe makes 9 or 10 pints.

## MARMALADES

## Orange Marmalade

12 thin-skinned oranges            3 qts. water  
3 lemons                              Sugar

WASH and slice oranges and lemons as thin as possible. Add water and let stand over night. Next day cook mixture slowly until tender (2 to 2½ hours). Then measure and add equal parts of sugar. Cook to jelly stage. Seal immediately in sterilized jars.

## Apricot and Pineapple Marmalade

1 lb. dried apricots                      3 tsps. lemon juice  
1 No. 2 can crushed                  Sugar  
pineapple (2½ cups)

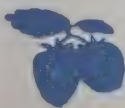
WASH apricots, soak 12 hours in water to cover. Bring slowly to boiling point. Strain. Reserve juice. Press apricots through ricer or coarse sieve. Add juice and contents of can of pineapple. Measure fruit and add ¾ cup sugar to each cup pulp and juice. Add

lemon juice. Bring to boil and cook slowly about 20 minutes, or until mixture thickens. Seal immediately in sterilized jars.

## Orange and Quince Marmalade

7 lbs. quinces                      8 oranges  
3 qts. water                      9 lbs. sugar

PARE and core quinces, and boil parings and cores in water until tender. Then strain through jelly bag. To this juice add the quince pulp, chopped fine, and rind of two of the oranges, chopped fine. Simmer until quinces are tender, then add sugar, slightly heated in oven, and juice of all the oranges. Simmer together for 2 hours, stirring occasionally to prevent scorching, or until mixture jells. Seal in sterilized jars.



## CONSERVES

## Raspberry and Rhubarb Conserve

8 cups diced rhubarb                      2 oranges, grated rind  
5 cups sugar                              and pulp  
1 qt. red raspberries

SPRINKLE sugar over diced rhubarb and let stand 12 hours. Add grated rind of oranges. Then skin oranges, remove seeds and slice very thin. Add orange slices to rhubarb with raspberries. Cook together until thick. Seal in sterilized jars.

## Gooseberry Conserve

4 qts. gooseberries                      10 cups sugar  
4 oranges                              1½ lbs. seeded raisins

REMOVE stems and blossom ends from gooseberries. Add grated rind of oranges, chopped pulp and juice. Boil slowly until nearly tender. Add sugar, slightly heated in oven, and raisins. Continue to boil slowly about 30 minutes longer, or until thick and translucent. Seal at once in sterilized jars.

## Plum Conserve

6 lbs. plums (red or                      4 oranges  
blue)                              ½ lb. walnut meats,  
1 lb. seedless raisins                      coarsely chopped  
6 lbs. sugar

QUARTER plums and remove pits but do not peel. Halve oranges, remove seeds, and put pulp and rind through food chopper. Put prepared plums and oranges in kettle, add sugar and raisins and cook slowly until mixture thickens (about 2½ hours) stirring frequently to prevent scorching. Add walnut meats at end of 2 hours. Seal in sterilized jars. Peeled, thinly sliced peaches may be used instead of plums in this recipe.





# Helpful HOUSEHOLD HINTS

## Suggestions for Utilizing Left-Over Food

**Apple Sauce:** Apple Sauce Cake.

**Bacon Drippings:**

Will keep indefinitely.

Use in sautéing meats, potatoes, mushrooms, eggs, etc.

Use in waffles, muffins, etc.

**Bones:** In Soup.

**Bread:**

Cheese Dish.

Bread Dressing.

Croutons.

Queen of Puddings.

Brown Betty.

All breaded dishes, for frying, and on top of food au gratin.

**Cheese:**

Macaroni.

Croquettes.

Noodles.

Rice.

Rarebit.

Soufflé.

Food in Cabbage Leaves.

Au gratin dishes.

Cheese sauce.

Cheese Spread.

**Chicken:**

See Meat.

**Chicken Fat:**

Substitute for bacon drippings.

Or for shortening in baked goods.

**Coffee:** Coffee Filling.

**Cream Sauce:**

Soufflés.

Creamed Hard-cooked Eggs.

Over Waffles, Pancakes, Croquettes, etc.

**Egg Yolks:**

Scrambled.

Mayonnaise.

Hollandaise Sauce.

Gold Cake.

Custards.

Custard Sauce.

Custard Filling.

Lemon and Orange Filling.

**Egg Whites:**

Angel Cake.

Corn Flake Drops.

Meringues.

Nut and Date Kisses.

Prune or Apricot Whip.

White Cake.

Marshmallow Pudding.

Snow Pudding.

Fluffy Hard Sauce.

White Icing.

Macaroons.

Marble Cake.

**Fish:**

Salad or Aspic.

Soufflé.

Timbales.

In Tomatoes, hot or cold.

In Peppers, Squash or Cucumbers.

Creamed on toast.

In stuffed Eggs.

Tomato Aspic Salad.

**Fruit Juices:**

Pudding Sauce.

Puddings.

Over Fruit Salad.

In baking Apples.

Lemonade.

**Gravy:**

In Sauces.

Combine with Rice, Spaghetti or Noodles.

Or serve with Pancakes, Waffles, or Biscuits.

With Omelets, scrambled Eggs, Soufflés, Timbales.

**Hash:**

In Biscuit Dough or Pie crust.

In Tomato Cases.

On Toast.

With Waffles or Pancakes.

Meat Roll.

Corn Meal Mush Pie.

In Noodles, Rice or other starchy dishes.

In mashed Potatoes.

In baked Potatoes.

**Meat:**

Soup.

Croquettes.

In French Dressing.

Ham Loaf.

Ham Mousse.

Soufflés.

Timbales.

In baked Potatoes.

Meat Pie Roll.

In Aspic Salad.

Chicken and Meat Salads.

Salmagundi Salad.

Stuffed Cabbage Leaves.

In Tomatoes, Peppers, Squash, Eggplants, etc.

Chicken Livers in Liver Dumplings.  
Left-over Dish.



# Helpful HOUSEHOLD HINTS



## HELPFUL HINTS

### For Cooking

#### Meat and Vegetable Scraps:

Soufflé.  
Timbales.  
Filled Pancakes.  
Meat Roll.  
Soup.  
Croquettes.  
Creamed on Toast.  
Corn Meal Mush Pie.  
In Tomatoes, Peppers, Cucumbers, Squash.

#### Potatoes:

In Creamed Sauce.  
Sauté.

#### Prunes or Apricots:

Apricot or Prune Betty.  
Stuffed Prune Salad.  
Prune or Apricot Cake.  
Prune or Apricot Whip.

#### Rice and Cereals:

Stuffed Cabbage Leaves.  
Croquettes.  
Hominy—Hominy Balls.  
Pudding.  
Waffles.  
Creamed with left-over food.  
Griddle Cakes.

#### Sausages:

Sliced in thick soup.

#### Soup:

Aspic Salad.  
Dumplings.  
Sauce and Gravy.  
Brown Sauce.

#### Sour Milk:

Substitute for sweet milk—allow  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp. soda to each cup of milk.  
Gravy.

#### Sour Cream:

Cooked Salad Dressing.  
Sour Cream Icing.  
Cream Sauce.  
Sour Cream Cake.  
Coffee Cake.  
In Ice Cream with soda added to cut acid.

#### Vegetables:

Soufflés.  
Timbales.  
Soups.  
In Tomato Cases.  
Pancakes filled with creamed food.  
String Bean Salad.  
Kidney Bean Salad.  
In Tomato Aspic Salad.  
In Stuffed Cabbage Leaves.  
In Soufflés and Timbales.  
In Croquettes.  
Potato Salad.

**Almonds:** Add a few drops of green vegetable coloring to chopped blanched almonds for mock pistachio nuts.

**Bread:** Cut very fresh bread with heated sharp knife.

**Bowl:** To keep steady when mixing, place bowl on wet, folded cloth.

To keep from slipping off ice, place a rubber fruit ring underneath bowl.

**Cake:** When only a small amount is eaten at one time, cut in half, slice pieces from center and push cake together to keep fresh for several days.

If top of cake is sprinkled with flour as soon as it is taken from oven, icing will spread more easily and not be so likely to run off.

**Cheese:** To keep fresh, cover with cloth moistened in vinegar.

**Chocolate:** Place on piece of waxed paper in double boiler when melting chocolate to save chocolate and dish washing.

One-fourth cup cocoa may be substituted for each ounce chocolate and  $\frac{1}{2}$  tbsp. butter added to recipe.

**Cookies:** May be quickly made by spreading out batter in pan and cutting it in squares after baking.

**Eggs:** To divide an egg, beat it and measure in measuring cup.

A little vinegar added to water will keep white from boiling out of cracked eggs.

A speck of egg yolk in the whites may be most easily removed with the edge of an egg shell.

Dip the knife in water to cut hard-cooked eggs in smooth slices.

Some of the eggs may be left out of a custard recipe by substituting  $\frac{1}{2}$  tbsp. cornstarch for each egg omitted.

**Fish:** Dip into scalding water for a minute to scale easily.

Make sure that gills are bright red, eyes bright and full and flesh firm and springy when selecting fish.

A teaspoon of vinegar added to water in which white fish is boiled improves flavor and makes flesh firmer.

**Fruit:** All fruits, especially berries, should be spread on a platter and lightly covered with cellophane or waxed paper for storing in refrigerator or other cold place.

Strong flavored fruits and vegetables like cantaloupe and onions should be wrapped in waxed paper when stored with other foods like butter that absorb flavors easily.





# Helpful HOUSEHOLD HINTS

When dried fruits for cakes are washed they should be thoroughly dried before adding to batter to avoid heavy texture.

Juices of spiced and pickled fruits are good for basting meats, especially ham or tongue.

Sliced bananas and freshly sliced apples and peaches will not turn dark if coated with lemon juice.

**Food Chopper:** To fasten it securely, place piece of sandpaper on table, rough side down, before fastening screws.

To sharpen it, run a piece of sand soap or cake cleanser through—also polishes blades and removes grease.

Place bowl underneath to catch juice when grinding fresh fruits.

**Grease:** Save all grease left from cooking to make soap.

**Icing:** To keep soft, add pinch of baking soda to egg whites before beating them.

**Lettuce:** To separate a tight head, hold under running water or pour water from a pitcher over it.

**Liquids:** Save all liquid from pickles to use for pickled beets, slaw or for moistening meat or fish sandwich fillings.

**Lids:** Tea or coffee pot lids should always be left open when not in use to avoid musty pots.

**Marshmallows:** To cut easily use damp scissors—also fine for dates and figs.

**Nuts:** To blanch easily, pour over boiling water, let stand a few minutes until skins loosen and plunge nuts into cold water. Rub off brown skins between towels.

Salt nuts in oven instead of skillet to prevent scorching.

Meats of many nuts are more easily removed if nuts are boiled in water 15 minutes, then cooled and cracked. Pecan kernels come out whole with no injury to flavor.

**Onion:** If peeled under water they will not make you cry.

To extract onion juice, remove slice from bottom and grate over small saucer.

**Paper Bags:** Save small paper bags from grocery store to use in flouring chicken, chops, etc., or coating doughnuts with powdered sugar. Just shake food vigorously in closed bag and it will be evenly coated.

Also tie jars of preserved foods in bags to keep clean. Contents may be noted on bag.

**Paraffin:** Melt it in old coffee pot; easily poured out.

Place piece of string or tape across jars before adding paraffin; easily removed when cold.

**Pineapple:** Never use the raw fruit in gelatin desserts; it contains an enzyme which prevents jellying. Cook well first or use canned.

**Popcorn:** To make every grain pop, cover bottom of wire popper with corn, drench with water and shake out just before placing over heat.

**Potatoes:** To bake quickly boil in water 10 minutes and then put in hot oven.

For crisp edible skins, scrub well, dry and rub with bacon fat before putting in oven.

**Raisins:** To separate seeded raisins wash whole package in cold water.

**Sandwiches:** To keep fresh wrap in clean cloth wrung out of cold water.

**Shortening:** To cream it easily, pour a little boiling water in mixing bowl; let stand until heated through; drain and dry before adding shortening.

Measure easily by submerging in water—Thus for  $\frac{1}{3}$  cup, fill cup  $\frac{2}{3}$  full of water and add shortening until water reaches 1 cup mark. Pour off water and remove shortening without sticking.

**Sour Milk:** May be used in baking instead of sweet milk by adding  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon baking soda for each cup milk, to recipe, depending upon acidity of sour milk.

Sift baking soda with flour rather than with sour milk.

One cup thin sour cream may be substituted for 3 tablespoons butter and  $\frac{3}{4}$  cup sour milk in any sour milk recipe.

**Sugar (Brown):** To prevent hardening, place in tightly closed container.

**Watermelon Rind:** Color green and red when preserving to use in winter baking instead of citron and cherries.

## For House Cleaning, Etc.

**Bathroom:** A solution of soda and water applied with a whisk broom kept for the purpose will remove the brown streaks in bathroom bowls made by sediment in the dripping water; if the spots do not come off readily, let the solution stand a few minutes before rubbing.

**Broom:** Bore a hole through the broom handle and slip a string through it so you can hang it up.

**Clothes Wringer:** Clean the rollers of the clothes wringer with gasoline and wipe off all superfluous oil from cogs and crank to prevent spotting clothes.



# Helpful HOUSEHOLD HINTS



**Dish-Washing:** To clean the frying pan after frying, pour off the hot lard and wipe the pan with clean paper until all sediment is removed. It can then be easily washed.

A few stalks of rhubarb cut up and boiled in a tea kettle full of water will soften the deposit of lime so that it may be all scraped away.

The mixing pan can be quickly cleaned if a little boiling water is poured into it for a few minutes and a close cover put over it. The steam softens the dried dough so that it will readily wash off.

Tinware may quickly be cleaned by rubbing it with a damp cloth, dipped in soda. Rub briskly and wipe dry.

Do not put pans and kettles partly filled with water on the stove to soak, as it only makes them more difficult to clean. Fill them with cold water and soak away from the heat.

Discolored china baking dishes can be made as clean as when new by rubbing them with whiting.

To wash a glass from which milk has been poured, plunge first into cold water before putting it into warm. The same rule holds good with egg cups or spoons from which eggs have been eaten.

**Floors:** Sour or skim milk added to the water with which linoleum is washed, gives it a luster like new.

To remove grease from wood floors, sand is much better than soap. If the floor is dirty mix a little chloride of lime with the sand and use plenty of warm water.

**Furniture:** An equal mixture of turpentine and linseed oil will remove the white marks from furniture caused by water or heat.

Cane-seated chair bottoms that have sagged may be made as tight as ever by washing them with hot water and leaving to dry in the open air.

Salt water used in washing wicker furniture keeps it from turning yellow and is also good for cleaning straw mats.

Equal parts of water and skimmed milk, warm, will remove fly-specks from varnished woodwork or furniture, and make it look fresh.

Clean the keys of the piano with a soft cloth dampened with alcohol, and wipe quickly with a clean, dry cloth.

Kerosene will remove the gummy spots on the sewing machine.

**Jelly Cupboard:** A panful of lime kept in the cupboard with your jams and preserves will help prevent molding.

**Knife Handles:** Loose knife handles are easily mended. Take the handle off, mix together three parts resin and one of brick dust. Nearly fill the handle with this, heat the steel beyond the blade till nearly red hot, insert in the handle, and press down into place. It will be as firm as when new.

**Oilcloth:** A double layer of brown paper on the pantry shelf and kitchen table covered with oilcloth will enable the oilcloth to last longer.

**Picture Frames:** By mixing enough flowers of sulphur with a pint of water to give a golden tinge, and in this boiling three bruised onions, you can renovate your gilt picture frames.

**Refrigerator:** In an emergency when no refrigerator is at hand, a block of ice may be best kept by placing it in a stone crock of sufficient size after wrapping the ice in wet newspapers; the jar should then be thoroughly surrounded with feather pillows; it will keep in this manner several days.

When 2 trays of ice cream are to be stored in your mechanical refrigerator, you may still have an ample supply of ice cubes if you place the cubes in the defrosting tray, or even in a bowl directly under the shelf which holds this tray.

**Screens:** Wipe screens with kerosene after removing all dust. They will look new and keep away mosquitoes as long as the smell remains.

**Silver:** To clean a large amount of silver quickly, immerse it in a gallon of hot water, in which 1 tablespoon salt and 1 teaspoon baking soda have been dissolved, in either an aluminum pan or dish pan containing an old aluminum lid. Let soak 10 minutes. Wash silver in fresh hot water and soap, rinse and dry. Since the tarnish is transferred to the aluminum keep an old pot or lid just for this purpose.

If a small piece of camphor is placed in a silver chest the silver will not become discolored.

**Wallpaper:** Greasy spots on wall paper may be removed or improved by holding a piece of blotting paper over them and pressing on it with a hot iron.

## For Removing Stains from Clothing

Whenever possible remove stains when fresh to prevent setting. Always use cold water to remove stains made by food containing proteins such as milk, blood, egg or meat juices. Use hot water for fruit and acid stains.





Helpful

## HOUSEHOLD HINTS

**Cod Liver Oil:** Rub a fresh stain promptly with a little dry cleaning solvent such as carbon tetrachloride; wash in lukewarm suds. Old dark stains must be bleached; chlorine for cotton or linen; fresh peroxide for white silk or wool. As soon as stain has disappeared wash in lukewarm suds and rinse.

**Coffee:** Stains are removed from silk by putting between clean damp cloths and pressing with a hot iron.

**Fruit:** If fresh boiling water does not remove fruit stains, apply lemon juice and bleach in sun.

**Grass:** If stains cannot be removed with soap and water, use alcohol.

**Grease:** To remove stains from silk or wool, put a piece of clean white blotting paper on each side of the fabric and iron with a warm iron. For coarse materials, cover with corn meal or salt, brushing it off as it absorbs the grease. When dirt is mixed with the grease, chloroform, benzol, naphtha or gasoline may be necessary but should be used with care.

**Iodine:** Remove stains with a weak solution of baking soda, sal soda or borax (1 tbsp. to a pint of water).

**Ink:** If stains will not wash out, rub with corn meal, salt, French chalk or talcum powder, brushing off as ink is absorbed and repeating. If this is not successful soak

stains in milk for one or two days, or rub with a cut lemon, squeezing on some of the juice and rinsing frequently.

**Iron:** Remove iron rust by rubbing with lemon juice and a little salt and bleaching in sun.

**Mildew:** Remove by moistening stains with lemon juice, or soaking over night in sour milk, and bleaching in sun without rinsing. Or, for very heavy stains, dissolve 1 pound sal soda in 1 quart cold water, add  $\frac{1}{4}$  pound calcium hypochlorite. Apply with a medicine dropper and as soon as stains have disappeared wash with a solution of oxalic acid which neutralizes the harmful effects of the first mixture and rinse.

**Paint:** Stains are most easily removed with acetone and need not be washed afterwards. Or use turpentine or benzol and wash with warm soap and water.

**Tar:** Turpentine, chloroform or benzol are successful in removing tar, asphalt or road oil stains, followed by thorough washing in soap and hot water.

**Tea:** Stains which will not wash out may be removed by soaking stains with lemon juice while bleaching in sun.

**Varnish:** Stains may be removed by rubbing with alcohol or ether, followed by washing in soap and warm water.



### Our Parts Department

*The Wrought Iron Range Company has no agents soliciting the sale of repairs or repair parts, but a helpful service is rendered to our customers by our Parts Department.*

*Send for our Repair Chart designed to assist you in making a periodical inspection of your "Home Comfort" Range, and to facilitate the ordering of parts.*

WROUGHT IRON RANGE CO.



# CHARTS SHOWING WHOLESALE AND RETAIL CUTS OF BEEF, VEAL, PORK AND LAMB

(Reproduced through courtesy U. S. Dept.  
of Agriculture, Bureau of Agricultural  
Economics.)

## Veal Chart



### WHOLESALE CUTS

HIND SADDLE

- ① LEG
- ② LOIN

FORE SADDLE

- ③ HOTEL RACK
- ④ CHUCK

### RETAIL CUTS

- ① LEG

1 to 12—CUTLETS  
13—ROAST  
14—SHANK (STEW)

- ② LOIN

1 to 15—LOIN and KIDNEY  
CHOPS

- ③ HOTEL RACK

1 to 14—RIB CHOPS

- ④ CHUCK Including shoulder, neck and  
breast

1—STEW  
2—ROASTS

Numerals in circles ○ refer to wholesale cuts.  
Other numerals refer to retail cuts.

## Beef Chart



### WHOLESALE CUTS

- ① HIND SHANK

1 to 3—SOUP BONES  
4—HOCK

- ⑥ FLANK

1—FLANK STEAK  
2—STEWs or HAMBURGER

- ⑫ PLATE

1—STEWs or BONED & ROLLED  
ROASTS  
2—SHORT RIBS

- ⑪ BRISKET

1—STEWs or BONED & ROLLED  
ROASTS

- ⑩ FORE SHANK

1 to 3—SOUP BONES  
4—SHOULDER CLOD

### RETAIL CUTS

- ② ROUND

1 to 14—ROUND STEAKS  
15—HEEL OF ROUND

- ③ RUMP

STEAKS or ROASTS

- ④ LOIN END

1 to 6—SIRLOIN STEAKS

- ⑤ SHORT LOIN

1 to 3—CLUB or DELMONICO  
STEAKS  
4 to 11—PORTERHOUSE STEAKS

- ⑦ RIB

1 to 4—RIB ROASTS  
5—SHORT RIBS

- ⑧ TRIMMED CHUCK

1 and 2—BOTTOM CHUCK  
ROASTS  
3 and 4—TOP CHUCK ROASTS  
5 to 7—CHUCK RIB ROASTS

- ⑨ NECK

1—BONELESS ROASTS, STEWS or  
HAMBURGER

Numerals in circles ○ refer to wholesale cuts and  
major subdivisions of such cuts. Other numerals  
refer to retail cuts.



# Lamb Chart



## WHOLESALE CUTS

### HIND SADDLE

- ① LEG
- ② LOIN
- ⑥ FLANK

### FORE SADDLE

- ③ HOTEL RACK
- ④ CHUCK
- ⑤ BREAST

## RETAIL CUTS

- ① LEG
  - 1 to 4—CHOPS
  - 7—ROAST
- ② LOIN
  - 1 to 13—LOIN and KIDNEY CHOPS or ROAST
- ③ HOTEL RACK
  - 1 to 13—RIB OR FRENCH CHOPS
- ④ CHUCK
  - 1—ROASTS AND STEWS
- ⑤ BREAST
  - 1—STEWs or BONED & ROLLED ROASTS
- ⑥ FLANK
  - 1—STEWs

Numerals in circles ○ refer to wholesale cuts.  
Other numerals refer to retail cuts.

# Fresh Pork Chart



## WHOLESALE CUTS

### (PERCENTAGE OF CARCASS)

1—HIND FEET	1.00%
2—HAMS	19.00
3—CLEAR BELLIES	16.50
4—PORK LOINS	12.75
5—SPARE RIBS (f.s.)	2.50
6—SPARE RIBS (h.s.)	1.50
7—BRISKET	2.25
8—PICNIC	7.50
9—N.Y. STYLE SHOULDER	16.00
10—NECK BONES	.95
11—PICNIC BUTT	3.02
12—JOWL BUTTS (untrimmed)	3.75
⑫ —JOWL BUTTS (trimmed)	2.25
⑬ —BONELESS BUTT	3.05
13—BOSTON BUTT	5.20
14—LOIN BUTT	4.00
15—FORE FEET	.90
16—LEAF FAT	3.50



Petersburg, Illinois  
April 10

Wrought Iron Range Company  
St. Louis, Missouri

Gentlemen:

My grandmother had one of the first "Home Comfort" ranges and used it for 49 years

Naturally when I had the opportunity I wanted one of the enameled "Home Comforts," which I have used for 12 years with wonderful satisfaction. The cooking top is as level as ever, oven bakes without turning.

Fire box in a "Home Comfort" is large and does not require much attention because it holds heat so long. The reservoir is of so much help because it furnishes so much hot water

Glad to recommend the "Home Comfort" to any of my friends and neighbors.

Mrs. H. S. Peterson

Granville Center, Mass.  
March 31.

Wrought Iron Range Company  
St. Louis, Missouri

Dear Sirs:

We have one of your ranges, model AC. We think it is the best stove that money can buy. The enamel looks like new. We split our wood coarse as the fire box is 10 inches wide, 12 inches deep and 18 inches long. I don't think we will ever have to buy another.

I live on North Lane Road in West Granville and when the two new stoves that are ordered are delivered, this will be "Home Comfort" Street as every one living here will have a "Home Comfort" range. There are "Home Comforts" in this town over 40 years old still in use. They last a lifetime.

Yours truly,  
Stephen M. Roberts

Hext, Texas  
March 28

Wrought Iron Range Company  
St. Louis, Missouri

Gentlemen:

We are now using one of your enameled "Home Comfort" Ranges, Model A-1, which we bought ten years ago. It is a perfect baker and it is also economical in fuel consumption. It still looks like new and we feel sure it will give us another fifteen or twenty years of satisfactory service.

There isn't any range that will compare with the "Home Comfort." We say this after carefully investigating ranges of other makes.

Yours very truly,  
J. S. Conn  
Eva Conn

# These Letters Are Typical of Thousands Received from Satisfied Home Comfort Range Users

Kannapolis, N. C.  
March 23

Wrought Iron Range Company  
St. Louis, Missouri

Gentlemen:

I wish to express my appreciation to you for building a cooking range that far exceeds anything that I have ever seen in any range. I have found your new all enamel range much easier to clean than the range I bought from your salesman in 1923. The oven is a perfect baker and I will sincerely say that my fuel consumption has been reduced half, for this range is so easy to heat.

I am cooking my breakfast meal with one fire of wood. Since I installed my new range I have sold my old one for \$35.00, so you see my old range was still in good condition. I only wish every housewife knew the convenience and comfort that I am enjoying in my kitchen.

Yours truly,  
Mrs. C. G. Sims

Fall Creek, Oregon  
April 8

Wrought Iron Range Company  
St. Louis, Missouri

Gentlemen:

We have a "Home Comfort" Range that has been in use for nine years. The range is in perfect shape, and the Verluc Enamel is the best grade of enamel that could be applied to any range, because it will not scale nor discolor.

For durability, economy and perfect baking, we recommend the "Home Comfort" Range to particular women.

Very truly yours,  
Mr. and Mrs. Ben M. Jackson



Wrought Iron Range Company  
St. Louis, Missouri

Gentlemen:

We recently bought one of your latest "Home Comfort" enameled ranges, which has been installed and in use about thirty days; and it is not only doing what your agents recommended it would do, but even better. We are especially pleased with the baking qualities of this new range; and on account of the fact that the fuel consumption is so much lighter than other ranges of its size makes us even better pleased with it.

It might please you to know that this is our second "Home Comfort" Enameled Range, in addition to the fact that the writer's father began to purchase and use "Home Comfort" Ranges forty-five years ago, and used them as long as he was actively engaged in farming and keeping house.

The price may seem to be high, but they are much more economical - both as to purchase price and operating costs - and they do do the work.

Yours truly,

Mr. and Mrs. U. B. Parker

Wiggins, Mississippi  
March 28

Wrought Iron Range Company  
St. Louis, Missouri

Dear Sirs:

We bought one of your late CA enamel "Home Comfort" ranges with floating top, electric welded body and oven. We think it the greatest piece of workmanship of any range on the market. We use less fuel than ever and have a perfect baking oven.

We had one of your enamel ranges that had been in use for 15 years, and it was in perfect shape. We sold it for \$50.00. So you see we knew of the "Home Comfort" range's baking qualities as well as the fuel saving and lasting qualities from experience. We bought for the improvements.

Very truly,

J. A. Middleton, Mayor  
Mrs. J. A. Middleton

Mena, Arkansas  
March 26

Fond du Lac, Wisconsin  
March 30

Wrought Iron Range Company  
St. Louis, Missouri

Gentlemen:

I purchased a "Home Comfort" Range in 1924. I have never regretted the money that I paid for it. I know that it would be a money saving proposition for anyone that is in the market to buy a cooking range, to buy the "Home Comfort".

My range looks just like it did the day I put it in my home, and I wish everybody could see it. We have a large family and do lots of cooking. We have never had to replace any parts. It surely is made of the best material that money can buy, and I can recommend it to anyone.

Yours very truly,

Mrs. Henry Holbur

ST. LOUIS





Wrought Iron Range  
St. Louis, Missouri

Gentlemen:

fort" ranges

one of the  
12 years  
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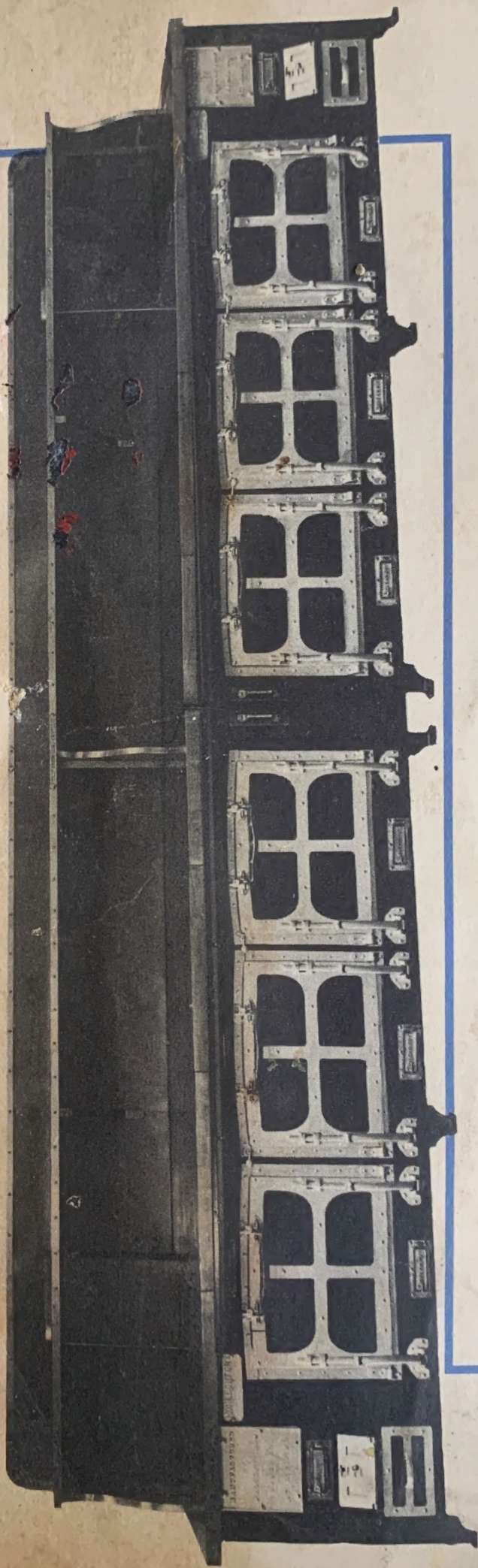
my friend

## HOME COMFORT HEAVY DUTY COAL RANGE No. 3T-2

*Two Fire Boxes  
Six Ovens*

THE Wrought Iron Range Company also manufactures a complete line of Heavy Duty Kitchen Equipment, under the trade name "Home Comfort."

The same high standards of workmanship and materials are built into this line as are built into the "Home Comfort" Family Ranges and today, hotels, restaurants, clubs, railroads, steamships, institutions, hospitals and camps are some of the users of this equipment.



### SPECIFICATIONS

Top Cooking Surface.	19 ft. long x 3½ ft. deep
Ovens . . . . .	24 in. wide x 24 in. deep x 17 in. high
Total Weight . . . . .	5400 pounds



# Coconut Peanut Butter bars.

1 cup sifted flour  
1 tsp. B. Powder  
 $\frac{1}{4}$  ~~tsp~~ salt  
 $\frac{1}{3}$  c. margarin  
 $\frac{1}{2}$  chunk Peanut Butter

1 cup sugar  
2 Eggs  
1 tsp Vanilla  
1 cup Flaked Coconut  
confectioners sugar  
roll.

Grease a 7 by 11 inch baking Pan  
sift together flour B. Powder & salt mix together  
margarin Peanut butter & sugar until blended add in  
eggs & Vanilla mix well  
Stir in flour mixture then coconut spread evenly  
in Pan Bake in moderate oven 350 - 25 to 30 minutes  
or top springs back when touched. cut in bars  
(From Shirley? (32 Bars)